HackBookEasyPeasy

EasyPeasyWay

https://sites.google.com/site/hackbookeasypeasy/home

I am Allen Carr. I am also not Allen Carr. So yes I am not the author. I am the hack-author.

I hacked Allen Carr's book and his method of de-addiction to adapt it for PMO. Why? Because his method helped me in getting rid of cigarettes, alcohol and then PMO. Why did I hack his work? Because he is dead now. And the institution that he had formed does not list Internet pornography as one of the addictions that it provides services for. I don't gain monetarily or otherwise. Above all - you won't 'find' me in this book. Myself and Allen will appear and disappear in this book to provide you with an unique and effective method to get your mind de-addicted.

IMPORTANT ADVICE FOR YOU!

DO NOT JUMP CHAPTERS!

THE NUMBERS TO UNLOCK THE COMBO LOCK SHOULD BE USED IN THE GIVEN SEQUENCE!

The common thread running through Allen Carr's work is the removal of fear. Indeed, his genius lies in eliminating the phobias and anxieties which prevent people from being able to enjoy life to the full, as his best-selling books vividly demonstrate. His method is solid and has high success rates. It helped cure me of not one but three addictions. There is a network of clinics that uses his methods that span the globe and has a phenomenal reputation for success in helping people to quit addictions (except PMO). Their success rate is over 95% with money-back guarantees.

Hackbook : A book based and hacked from another book. The original author is credited fully.

IMPORTANT ADVICE FOR YOU!

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THE NUMBERS TO UNLOCK THE COMBO LOCK SHOULD BE USED IN THE GIVEN SEQUENCE!

Dr. Albert Ellis' autobiography - "All Out!"

"I used to wrongly think that most of them (addicts) were aided by self-help groups like AA, by therapy, or some other real support. But no. The facts show that more people surrender their addictions on their own-without any notable help from others. How? Mainly by ***seeing, acknowledging, and emphasizing*** *how hard it is* ***not*** *to stop and how much* ***easier*** *it is-in the long run- to suffer through the withdrawal process."*

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01-01-Preface

This hackbook will enable you to stop PMO, immediately, painlessly, and permanently, without the need for Willpower or feeling any sense of deprivation or sacrifice. It will not judge you. It will not embarrass you. It will not put pressure on you to undergo painful measures.

That goes against everything you've ever been told about PMO. But ask yourself what you've been told before worked for you? If it had, you wouldn't be reading this site.

- Instantaneous
- Equally effective for the heavy PMOer*
- No bad withdrawal pangs
- Needs no willpower
- No shock treatment
- No aids or gimmicks
- You will not replace this addiction with other addictions such as overeating or smoking or drinking. You may use this to combat them if unfortunately you are addicted to all or some of them.
- Permanent

If you are an addict to PMO all you have to do is read on.

If you are a non-addict who came here for a loved one all you have to do is persuade them to read the book.

If you cannot persuade them, then read the book yourself, and the last chapter will advise you how to get the message across - also how to prevent your children from starting.

Do not be fooled by the fact that they hate it now. All children do before they become hooked.

*__PMO__ Porn, masturbation and orgasm.

*__PMOer__ Anyone who excessively and obsessively seeks to achieve orgasms relying exclusively and only using internet porn and or masturbation.

01-02-Warning!!!

Perhaps you are somewhat apprehensive about reading this book. Perhaps, like the majority of PMO addicts, the mere thought of stopping fills you with panic and although you have every intention of stopping one day, it is not today.

If you are expecting me to inform you of the terrible health issues that PMO addicts risk, that they are susceptible to be affected by PIED (porn induced erectile disfunction), unreliable arousals, fading penetration, loss of interest in real partners,loss of control over themselves, loss of relationships, that it is a filthy, disgusting habit and that *YOU* are a stupid, spineless, weak-willed jellyfish, then I must disappoint you. Those tactics never helped me to quit and if they were going to help you, you would already have quit.

Our Method, which I shall refer to as EASYPEASY doesn't work that way. Some of the things that I am about to say, you might find difficult to believe. However by the time you've finished reading the book, you'll not only believe them, but wonder how you could ever have been brainwashed into believing otherwise.

There is a common misapprehension that we choose to watch porn. PMO addicts (yes addicts) no more choose to do that than alcoholics choose to become alcoholics, or heroin addicts choose to become heroin addicts. It is true that we choose to boot up the laptop, fire up the browser and visit our favourite online harem* tube sites. I occasionally choose to go to the cinema, but I certainly didn't choose to spend my whole life in the cinema theatre. The curiosity and my nature took me there but I would not have done that if I had known it would addict me and cause me my health, happiness and relationships. Only if I had heard about PIED on my first visit to that porn site?

* Online harem. Tube sites hosting high speed streaming porn

Please reflect on your life. Did you ever make the ‘positive’ decision that at certain times in your life, you couldn't enjoy a good night sleep or pass a night after a hard day at work without surfing for porn, or that you couldn't concentrate or handle stress without masturbating to orgasm at the end of the day ? At what stage did you decide that you needed PMO, not just for lonely nights, but that you needed to have them permanently in your life, and felt insecure, even panic-stricken without online porn which I will call your online harem ?

Like every other PMOer, you have been lured into the most sinister subtle trap that man and nature have combined to devise. There is not a parent, brother, sister on this planet, whether they be PMOer themselves or not, that likes the thought of their children using porn and PMO to cope and for pleasure. This means that all PMOers wish they had never started. Not surprising really, no one needs porn to enjoy life or cope with stress before they get hooked.

At the same time all PMOers wish to continue to PMO. After all, no one forces us to turn on the incognito mode of the browser, whether we understand the reason or not, it is only PMOers themselves that decide to knock on the doors of the online harems.

If there were a magic button that the PMOers could press to wake up the following morning as if they never accessed their very first tube site.... the only PMO addicts there would be tomorrow morning would be the youngsters who are still at the experimental stage. The only thing that

prevents us from quitting is: FEAR!

01-03-Fear !!!

Fear that we will have to survive an indeterminate period of misery, deprivation and unsatisfied craving in order to be free. Fear that a night all by yourself or the eve of a test or exam will be miserable fighting uncontrollable impulses. Fear that we'll never be able to concentrate, handle stress or be as confident without our little crutch. Fear that our personality and character will change.

But most of all, the fear of 'once an addict always an addict,' that we will never be completely free and spend the rest of our lives at odd times craving the occasional porn induced orgasm. If, as I did, you have already tried all the conventional ways to quit and been through the misery of what I describe as the willpower method of stopping, you will not only be affected by that fear, but convinced you can never quit.

If you are apprehensive, panic-stricken or feel that the time is not right for you to give up, then let me assure you that your apprehension or panic is caused by fear. That fear is not relieved by PMO but was indeed created by PMO. You didn't decide to fall into the porn trap. But like all traps, it is designed to ensure that you remain trapped. Ask yourself, when you viewed those first porn pictures and videos, did you decide to come back to view them as long as you have ? So when are you going to quit ? Tomorrow ? Next year ? Stop kidding yourself! The trap is designed to hold you for life. Why else do you think all these other PMO addicts don't quit before it kills their lives?

As you will soon be reading, the feedbacks I got has revealed information that has exceeded my wildest aspirations of the effectiveness of my method. It has also revealed two aspects of the method that have caused me concern. The second I will be covering later.

The first arose from the letters that I have received. I give three typical examples:

- *“I didn't believe the claims you made and I apologize for doubting you. It was just as easy and enjoyable as you said it would be. I've shared the link to your hackbook to some of my PMOer friends but I can't understand why they don't read it.”*

- *“I was forwarded your hackbook eight months ago by an ex-PMO friend, I've just got around to reading it. My only regret is that I wasted eight months.”*

- *“I've just finished reading your EasyPeasy. I know it has only been four days, but I feel so great, I know I'll never need to PMO again. I first started to read your book five months ago, got half-way through and panicked. I knew that if I went on reading I would have to stop. Wasn't I silly?”*

I've referred to a magic button. EASYWAY* works just like that magic button. Let me make it quite clear, EASYWAY isn't magic, but for me and the hundreds of thousands of quitters who have found it so easy and enjoyable to quit. it seems like magic!

This is the warning. We have a chicken and egg situation. Every PMO addict wants to quit and every user can find it easy and enjoyable to quit. It's only fear that prevents users from trying to quit. The greatest gain is to be rid of that fear. But you won't be free of that fear until you complete the book. On the contrary, like the lady in the third example, that fear might increase as you read the book and this might prevent you from finishing it.

* EASYWAY and EASYPEASY will be used interchangeably when describing the method

You didn't decide to fall into the trap, but be clear in your mind, you won't escape from it unless you make a positive decision to do so. You might already be straining at the leash to quit. On the other hand you might be apprehensive, Either way please bear in mind: YOU HAVE ABSOLUTELY NOTHING TO LOSE!

If at the end of the book you decide that you wish to continue to PMO, there is nothing to prevent you from doing so. You don't even have to cut down or stop using porn while you are reading the book, and remember, there is no shock treatment. On the contrary, I have only good news for you. Can you imagine how the Count of Monte Cristo felt when he finally escaped from that prison ? That's how I felt when I escaped from the porn PMO trap. That's how the millions of ex- users who have used my method feel. By the end of the book: THAT'S HOW YOU WILL FEEL! GO FOR IT!

02-01-Introduction

'I'M GOING TO CURE THE WORLD OF PMO'

I was talking to my mentor. He thought that I had flipped. Understandable if you consider that he had watched me fail on numerous attempts to quit. The most recent had been two years previously. I'd actually survived six months of sheer purgatory before I finally succumbed and found myself clicking on stacked up tabs of porn sites. I'm not ashamed to admit that I cried like a baby. I was crying because I knew that I was condemned to be an addict for life. I'd put so much effort into that attempt and suffered so much misery that I knew I would never have the strength to go through that ordeal again. I'm not a violent man, but if some patronizing non-PMO'er had been stupid enough at that moment to suggest to me that all users can find it easy to quit, immediately and permanently, I would not have been responsible for my actions. However, I'm convinced that any jury in the world, comprised of PMOers only, would have pardoned me on the grounds of justifiable homicide.

Perhaps you too find it impossible to believe that any PMOer can find it easy to quit. If so, I beg you not to cast this book into the rubbish bin. Please trust me. I assure you that you can find it easy to quit.

Anyway, there I was two years later, having just completed what I knew would be my final session, not only telling my mentor that I was already a non-PMOer, but that I was going to cure the rest of the world. I must admit that at the time I found his scepticism somewhat irritating. However, in no way did it diminish my feeling of exaltation, I suppose that my exhilaration in knowing that I was already a happy non-PMOer distorted my perspective somewhat. With the benefit of hindsight, I can sympathize with his attitude, I now understand why he thought I was a candidate for the funny farm.

As I look back on my life, it seems that my whole existence has been a preparation for solving the problem. Even those hateful years of training and practising as a professional were invaluable in helping me to unravel the mysteries of the PMO trap. They say you can't fool all the people all of the time, but I believe the internet porn producers have done just that for years. I also believe that I am the first to really understand the PMO trap. If I appear to be arrogant, let me hasten to add that it was no credit to me, just the circumstances of my life.

The momentous day was when I made my final online harem visit, I felt a sense of relief and exhilaration as I closed out my browser in incognito mode. I realized I had discovered something that every PMOer was praying for: an easy way to stop. One of my failures, the man I describe in chapter 25, was the inspiration. We were both reduced to tears on every meeting. He was so agitated that I couldn't get him to relax enough to absorb what I was saying. I hoped that if I wrote it all down, he could read it in his own good time, as many times as he wanted to, and this would help him to absorb the message.

I was in no doubt that EASYWAY would work just as effectively for other PMOers as it had for me. However, when I contemplated putting the method into book form, I was apprehensive. The comments were not very encouraging:

- *“How can a book help me to quit? What I need is willpower!”*
- *“How can a book avoid the terrible withdrawal pangs?”*

In addition to these pessimistic comments, I had my own doubts. Often it became obvious that someone had misunderstood an important point that I was making. I was able to correct the situation when I am in person or chatting. But how would a book be able to do that?

I remembered well the times when I studied to qualify as a (professional), when I didn't understand or agree with a particular point in a book, the frustration because you couldn't ask the book to explain. Added to all these factors, I had one doubt that overrode all the rest. I wasn't a writer and was very conscious of my limitations in this respect. I was confident that I could sit down face to face with a PMOer and convince him or her how much more enjoyable social occasions are without PMO.

When a PMOer fail in quitting it is a mistake to regard it as their failure. In Allen’s smoker's clinic when a smoker fails they regard it as the clinic’s failure, we failed to convince those smokers just how easy and enjoyable it is to quit. That failure rate was based on the money-back guarantee at the clinics. The average current failure rate of the clinics world-wide is under 5 per cent. That means a success rate of over 95 per cent. That was beyond the wildest dreams. Coming back to the present...You might well argue that if I genuinely believed that I would cure the world of all addictions, I must have expected to achieve 100 per cent. No, I never ever expected to achieve 100 per cent.

Snuff-taking was the previous most popular form of nicotine addiction until it became antisocial and died . However, there are still a few weirdoes that continue to take snuff and probably, there always will be. So there will always be a few weirdoes that will continue to use.

I certainly never expected to have to cure every PMOer personally. What I thought would happen was that once I had explained the mysteries of the porn trap and dispelled such illusions as:

- Users enjoy PMO
- Users choose to use PMO
- PMO relieves boredom & stress
- PMO aids concentration and performance
- PMO is a habit
- It takes willpower to quit
- Once an addict always an addict
- Telling PMOers that it will turn them into robots will make them to quit
- Substitutes, particularly soft porn, reality porn, solo naked only porn etc.. and training toys such as fleshlight, helps PMOers to regain their full unfading erections.
- All porn is same in their rate of addictiveness

- In particular, when I had dispelled the illusion that it is difficult to quit and that you have to go through a transitional period of misery in order to do so, I naively thought that the rest of the world would also see the light and adopt my method.

I thought my chief antagonist would be the porn industry. Amazingly, my chief stumbling blocks were the very institutions that I thought would be my greatest allies: the control/regulated safe sex advocates in the noFap forum,the media and the established medical profession.

02-02-Sister Kenny

You've probably seen the film *Sister Kenny*. In case you haven't, it was about the time when infantile paralysis or polio was the scourge of our children. I vividly remember that the words engendered the same fear in me as the word cancer does today. The effect of polio was not only to paralyze the legs and arms but to distort the limbs. The established medical treatment was to put those limbs in irons and thus prevent the distortion. The result was paralysis for life.

Sister Kenny believed the irons inhibited recovery and proved a thousand times over that the muscles could be re-educated so that the child could walk again. However, Sister Kenny wasn't a doctor, she was merely a nurse. How dare she dabble in a province that was confined to qualified doctors? It didn't seem to matter that Sister Kenny had found the solution to the problem and had proved her solution to be effective. The children that were treated by Sister Kenny knew she was right, so did their parents, yet the established medical profession not only refused to adopt her methods but actually prevented her from practicing. It took Sister Kenny twenty years before the medical profession would accept the obvious.

I (Allen Carr) first saw that film years before I (Allen Carr) discovered EASYWAY, The film was very interesting and no doubt there was an element of truth. However, it was equally obvious that Hollywood had used a large portion of poetic license. Sister Kenny couldn't possibly have discovered something that the combined knowledge of medical science had failed to discover. Surely the established medical specialists weren't the dinosaurs they were being portrayed as? How could it possibly have taken them twenty years to accept the facts that were staring them in the face?

They say that fact is stranger than fiction, I apologize for accusing the makers of Sister Kenny for using poetic license. Even in this so-called enlightened age of modern communications, even having access to modern communications, I've failed to get my message across.

Oh, I've proved my point, the only reason that you are reading this hook is because another ex-PMOer has recommended it to you. Remember, I don't have the massive financial power of popular and big institutions. Like Sister Kenny, I'm a lone individual. Like her. I'm (Allen Carr) only famous because my system works. This Method is already regarded as the number-one Method on helping people to quit. Like Sister Kenny, I've proved my point. But Sister Kenny proved her point. What good did that do if the rest of the world was still adopting procedures which were the direct opposite to what they should be?

The last sentence of this book is identical to that in the original manuscript: ‘There is a wind of change in society, A snowball has started that I hope this book will help turn into an avalanche'. From my remarks above, you might have drawn the conclusion that I am no respecter of the medical profession. Nothing could be further from the truth. One of Allen Carr’s sons is a doctor and I know of no finer profession. Indeed Allen’s clinics receive more recommendations from doctors than from any other source, and surprisingly, more of our clients come from the medical profession than any other single profession.

In the early years, I (Allen Carr) was generally regarded by the doctors as being somewhere between a charlatan and a quack. Allen is no more and his clinics don’t provide services for PMO sufferers, probably due to non coverage by insurance companies. I would not know. But I can tell you that this Method works. If you have doubts please do keep them but give this hackbook a try. This hackbook will give you all the numbers of the combination lock. But it is important that you use the numbers in the right order. You must follow the flow by going chapter to chapter and must not jump for any reasons. And you don’t need to cut down or stop PMO while you are reading this book.

Since many mix sex and eroticism with internet porn they haven't a clue about helping PMOers to quit. They concentrate on telling what PMOers already know: PMO is unhealthy and self-defeating. It never seems to occur to them that PMOers do not use for the reasons that they shouldn't use. The real problem is to remove the reasons they have to use porn.

However, I might just as well have been lecturing to a brick wall since - substituting- such as porn diets (PMO once in n number of days) or cutting down have failed to cure the problem. PMOers themselves appear to have accepted that you don't get cured from addiction to a drug by turning it into a ‘forbidden fruit’.

Some PUA* experts say something like: PMO only once in four days “ Every PMOer knows that it is the one day that most PMOers will do twice as many as they usually do and sometimes they ‘close the shop’ to run home knowing that it is their final day of ‘fasting’ and because no one like being told what to do, particularly by people who dismiss PMOers as mere idiots and don't understand their problem.

*PUA pickup artist. Someone who teaches men to pick up mates
*Porn diet : To restrict PMO once in n number of days

Because they don't completely understand PMOers themselves or how to make it easy for them to quit, their attitude is 'Try this method. If it doesn't work try another: Can you imagine if there were ten different ways of treating appendicitis? Nine of them cured 10 per cent of the patients, which means they killed 90 per cent of them and the tenth way cured 95 per cent. Imagine that knowledge of the tenth method had been available for free, but the vast majority of the medical profession was still recommending the other nine.

Someone pointed out that doctors might well find themselves liable to a legal action for malpractice, by not advising their patients of the best way to quit. Ironically he was a great advocate of substituting methods (soft porn, solo, nude only, porn-diet etc), I try hard not to be vindictive, but I hope he becomes the first victim of his suggestion.

There are many websites that talk about the harms of PMO. You can find content that explains scientifically the harms of high speed internet porn on the brain. There is much literature and studies of neuro chemicals and the neuroplasticity of the brain and how it is affected by PMO. I read many comments on forums and blogs of how some were able to overcome the addiction.

They might just as well have wasted it on trying to persuade their readers that motorbikes can kill you. Do they not realize that youngsters know that one ‘look’ at a tube site won't kill them and that no youngster ever expects to get hooked? The link between porn and PIED porn induced ED, has

been established for some time now. Yet more youngsters are becoming hooked nowadays than ever before.

Youngsters don't need to be preached on the harms of PIED, hypofrontality, dopamine surge and the resulting cutting down of the associated dopamine receptors. Young and old PMOers tend to avoid such materials anyway. Practically every subscriber and reader of sites such as YBOP knows the brain science and the self-sabotage nature of PMO. I myself has seen the damages in my personal life. On a more serious note, two men in my own family had MO addiction (porn was not prevalent 20 yrs ago) and I can see how they were peevish and melancholic when they felt deprived or guilty related to their MO. But that didn't prevent me from falling into the trap.

However, the snowball won't become an avalanche until the medical profession and the media stop recommending methods that make it harder to quit and accept that EASYPEASYWAY is not just another method: BUT THE ONLY SENSIBLE METHOD TO USE! I don't expect you to believe me at this stage, but by the time you have finished the book, you will understand.

Even the comparatively few failures that we have say something like: 'I haven't succeeded yet, but your way is better than any I know.' If when you finish the book, you feel that you owe me a debt of gratitude, you can more than repay that debt. Not just by recommending EASYPEASYWAY to your friends, but whenever you see or read an article advocating some other method, email to them asking why they aren't advocating EASYWAY.

This edition of EASYPEASYWAY is to give you the state of the art technology on just how easy and enjoyable it is to quit PMOing. Do you have a feeling of doom and gloom? Forget it. I've achieved some marvelous things in my life. By far the greatest was to escape from the slavery of orgasm addiction. I escaped a long time ago and still cannot get over the joy of being free. There is no need to feel depressed, nothing bad is happening, on the contrary, you are about to achieve something that every PMOer on the planet would love to achieve : TO BE FREE!

03-01-The Worst PMO Addict I Have Yet to Meet

Perhaps I should begin by describing my competence for writing this book. No, I am not a doctor or a psychiatrist; my qualifications are far more appropriate. I spent thirty years of my life as a confirmed fapper. In the later years I used porn on a daily bases to get orgasm(s).During my life I had made a great number of attempts to stop. I never got past a full week of abstinence, and I was still climbing up the wall, with an “annoying alarm clock beeping” in my head called craving. With most PMOers, on the health side, it's a question of “ I'll stop before it happens to me.” I had reached the stage where I knew it has caused PIED, hypofrontality (inability to control and execute action towards a goal), irritability, lack of energy, soulless eyes, mental dryness, stress and pain in the lower back, genital irritations. It bothered me, but it still didn't stop me.

I felt lack of enthusiasm to go to gym or just a walk even if it’s sunny outside or simple weight lifting at home either. I had reached the stage where I gave up even trying to stop. I found excuses in substitute methods (controlled use, safe porn, porn-diet and etc. discussed later) as advocated by sexologists, forum users and medical pros - who have no idea of its effect on brain chemistry and who are themselves fooled by their 'little monster' (not devil or satan - we will talk about monsters later) . The novelty trap and shock value provided by internet porn delivered at home with a low risk high reward deal is something that they can’t even think of. They are still in the static playboy era. And the younger ones have buried their heads under the sand so they can still continue to PMO.

The worst part is it was not so much that I enjoyed the PMO. It was just doing it routinely, a chore - like slipping down the water slides, in fact there are brain water slides greased well by the neuro chemicals (DeltaFosB proteins made by dopamine which store emotion scripts for easy recall, will be discussing later). A simple cue such as a commercial, or a day to day stress that got ‘relieved’ temporarily by PMO is all it takes to complete the ride down the ‘waterslide’. Some time in their lives most PMOers have suffered from the illusion that they enjoy the ride, the novelty, the rush and of course the orgasm, but I never had that illusion.

I have most times detested the porn, even when I liked the orgasm. But at all times I thought a release from PMO helped me to relax. It gave me courage and confidence, and I was always miserable when I tried to stop, never being able to visualize an enjoyable life without PMO. And so my PMO habit which had started before my marriage stayed with me during and after my marriage was over. I had experienced PIED but I blocked it out and found excuses , “it happens to every man”. Well it does of course - but 'it' happened to me again and again. My penis, I found it difficult to get hard - when I am with real woman. Could it be because I had habituated it to work in limp mode? Later I found that it was hard for me to get hard even with porn.

My girlfriend gave a book by Dr David Burns - which I liked very much. I also practised the exercises and got interested in it. Through the book I came to know of Dr. Abraham Low and his books on rational therapy - it is now known as Recovery International. At the same time - my soon to be ex-wife also sent me to a therapist. I completed therapy - and was getting out of my mental rut and started a new beginning in my life. I continued my reading and self education from the above two authors and started to read about REBT and Dr. Albert Ellis. I poured into all of his books and got myself well trained in REBT. I still practice it on a daily bases. I do ABC write ups (and DE and F as well)* and actively journal my daily endorsements. I keep my DML (daily mood logs) and

Endorse documents in an online spreadsheet.

* A stands for activating events, B for beliefs, C for consequences, D for dispute, E for effective new philosophy and F for going forward

I was able to spot my rigid beliefs, exaggerations, self-rating and low frustration tolerance and immediately self-talk myself to have healthy negative emotions when needed. I was able to get my alcohol intake under control, cigarettes were on and off, and I rode through divorces. The point is that I was able to go through them all with the lowest disturbance in any random test set of divorced 40 yr old guys. However, I was still struggling with the occasional excesses that are inevitable with alcohol. I absolutely hated the cigarettes. I was aware of my (and the little monster's) efforts to dig a hole and hide my head in sand about my daily PMO affecting my sex life. I had two incidences of PIED, and found substitutes in getting a fleshlight to simulate a female vagina and also as a form of stamina training.

I then somehow landed on the Amazon page of Allen Carr’s best seller book on how to stop smoking. I used it to quit my smoking by the time I completed the reading. I felt so light and happy about quitting, how can I not be, I don’t have the feelings of misery and self-sacrifice. I don’t even feel the ‘resistance to temptations’ that most feel which taxes their will power. I know I found something that will work for me. Now, cigarettes are not the society’s favourite anyway and it carried a social stigma so that would be easy, right? I then challenged myself to my next problem, alcohol - where my frequent excesses were starting to bother me. I realized that I am finding excuses and minimizing my nasty and shameful drunken behaviours many times. I can also see I am using it as a crutch and also as pleasure - but more of the former. I guess that it has to do my nature of being melancholic. And yes, I was able to kick that habit as well.

I then naturally applied the same techniques on PMO as well. With a little bit of doubt I have to agree. But as I started to relate his Method to PMO I found a lot of the 'big monster' (not devil or Satan, we will talk about it later) brainwash and social conditioning were pretty much the same. I later read on YBOP that the brain reacts the same in all these above cases as well thus confirming my deduction. The important discovery that I made during this time is there is nothing called controlled use. Cigarettes, alcohol, drugs, porn, masturbation etc. I came to know about Karezza from YBOP and Reunited site and I thank them for that. Karezza’s separation of the ‘amative’ and the ‘propagative’ nature of sex is one of the keys to this method. You are welcome to read about Karezza method, though you may not accept the idea of not having orgasms as your goal in sex - you will see that there is a high degree of logic in their assertion that sex has two sides the amative and the propagative. Efforts on self-holding can turn out be deeply seductive on your partner too.

During those awful years as a PMO user I thought that my life depended on this pleasure that I allowed myself in the nights, and I was prepared to die rather than be without them. Today when someone asks me whether I ever have the odd pang, the answer is, 'Never, never, never' - just the reverse. I've had a marvellous life. I have been a very lucky man, but the most marvellous thing that has ever happened to me is being freed from that nightmare, that slavery of having to go through life systematically destroying my self-worth, handicapping my ability to experience natural full arousals, seeking immediate pleasures at the cost long term gains, and torturing myself with physical fatigue for a momentary surge.

Let me make it quite clear from the beginning: I am not trying to become a mystic. I do not believe in magicians or fairies. I have a scientific brain, and I couldn't understand what appeared to me like magic. I started reading up on hypnosis and on PMO. Nothing I read seemed to explain the miracle that had happened. Why had it been so ridiculously easy to stop, whereas previously it had been weeks of black depression?

It took me a long time to work it all out, basically because I was going about it back to front. I was trying to work out why it had been so easy to stop, whereas the real problem is trying to explain why PMOers find it difficult to stop. PMOers talk about the terrible withdrawal pangs. but when I looked back and tried to remember those awful pangs, they didn't exist for me. There was no physical pain. It was all in the mind.

I am very happy in helping other people to kick the habit. I'm very, very successful. Let me emphasize from the start: there is no such thing as a confirmed PMOer addict. Anybody can not only stop but find it easy to stop. It is basically fear that keeps us in the porn trap: the fear that life will never be quite as enjoyable without PMO and the fear of feeling deprived. In fact, nothing could be further from the truth. Not only is life just as enjoyable without them but it is infinitely more so in many ways and extra health, energy and well-being are the least of the advantages.

All PMOers can find it easy to stop porn - even you! All you have to do is read the rest of the book with an open mind. The more you can understand, the easier you will find it. Even if you do not understand a word, provided you follow the instructions, you will find it easy. Most important of all, you will not go through life moping for PMO or feeling deprived. The only mystery will be why you did it for so long.

Let me issue a warning. There are only two reasons for failure with my method:

1. FAILURE TO CARRY OUT INSTRUCTIONS

Some people find it annoying that I am so dogmatic about certain recommendations. For example, I will tell you not to try cutting down or using substitutes (porn diet, safe porn etc.). The reason why I am so dogmatic is because I know my subject. I do not deny that there are many people who have succeeded in stopping using such ruses, but they have succeeded in spite of, not because of them. There are people who can make love standing on a hammock, but it is not the easiest way. Everything I tell you has a purpose: to make it easy to stop and thereby ensure success. The numbers for opening the lock is in this book, however there is the right order, that is to go from one chapter to the next and to avoid jumping.

2. FAILURE TO UNDERSTAND

Do not take anything for granted. Question not only what I tell you but also your own views and what society has taught you about amative-propagative sex, internet porn, karezza. For example, those of you who think it is just a habit, ask yourselves why other habits, some of them enjoyable ones, are easy to break, yet a habit that feels awful, costs us energy and time and kills our virility is so difficult to break. Those of you who think you enjoy PMO, ask yourselves why other things in life, which are infinitely more enjoyable, you can take or leave. Why do you have to have the PMO and panic sets in if you don't?

03-02- The Easy Method

The object of this book is to get you into the frame of mind in which, instead of the normal method of stopping whereby you start off with the feeling that you are climbing Mount Everest and spend the next few weeks craving and feeling deprived, you start right away with a feeling of elation, as if you had been cured of a terrible disease. From then on, the further you go through life the more you will look at this period of time and wonder how you ever had to use any porn in the first place. You will look at your dorm mate PMOer with pity as opposed to envy.

Provided that you are not a non-PMOer (who had never got addicted) or an ex-PMOer (who had quit or is in the fasting days of the porn-diet), it is essential to not quit until you have finished the book completely. This may appear to be a contradiction. Later I shall be explaining that porn do absolutely nothing for you at all. In fact, one of the many conundrums about internet porn is that when we are actually masturbating to a porn clip, we look at it and wonder why we are doing it. It is only when we have been deprived that the craving for PMO becomes precious.

However, let us accept that, whether you like it or not, you believe you are hooked. When you believe you are hooked, you can never be completely relaxed or concentrate properly unless you are using PMO. So do not attempt to stop PMO before you have finished the whole book. This instruction to continue to masturbate using porn until you have completed the book has caused me more frustration than any other. As you read further your desire to masturbate to porn will gradually be reduced. Do not go off half-cocked; this could be fatal. Remember, all you have to do is to follow the instructions in the right order. When I first started writing on forums many of the readers also stopped purely because I had done it. They thought, “if he can do it, anybody can.”

Over the years, I managed to persuade the ones that hadn't stopped to realize just how nice it is to be free! I gave my hackbook for free upon request. I worked on the basis that, even if it were the most boring book ever written, they would still read it, if only because it had been written by an ex-PMOer. I was surprised and hurt to learn that,they hadn't bothered to finish the book.

I was hurt at the time but I had overlooked the dreadful fear that this slavery to the “dopamine surge” instils in the addict. I now realize that many PMOers don't finish the book because they feel they have got to give up something that is their pleasure and crutch when they quit. Some deliberately read only one line a day in order to postpone the evil day. Look at it this way: what have you got to lose? If you don't stop at the end of the book, you are no worse off than you are now. YOU HAVE ABSOLUTELY NOTHING TO LOSE AND SO MUCH TO GAIN! AND SO MUCH MORE TO AVOID !!! A Pascal’s Wager*?

* Pascal’s Wager is a bet you take when you have nothing or less to lose for a higher chances of large gains and avoiding losses in the future

Incidentally, if you have not PMOed for a few days or weeks but are not sure whether you are a PMOer, an ex-PMOer or a non-PMOer, then don't use porn to masturbate while you read. In fact, you are already a non-PMOer. All we've now got to do is to let your brain catch up with your body. By the end of the book you'll be a happy non-PMOer.

Basically this method is the complete opposite of the normal method of trying to stop. The normal method is to list the considerable disadvantages of PMO and say, “if only I can go long

enough without porn, eventually the desire to masturbate to porn will go. I can then enjoy life again, free of slavery to the tube." This is the logical way to go about it, and thousands of PMOer are stopping every day using variations of this method. However, it is very difficult to succeed using this method for the following reasons:

1. Stopping PMO is not the real problem. Every time you finish your 'deed' you stop using it. You may have powerful reasons on day one of your once-in-four porn diet to say, "I do not want to PMO or even masturbate any more" - all PMOers have, every day of their lives, and the reasons are more powerful than you can possibly imagine. The real problem is day two, day ten or day ten thousand, when in a weak moment, an inebriated moment or even a strong moment you have one 'peek' and because it is partly akin to drug addiction you then want another, and suddenly you are a masturbator again.
2. The health scares should stop us. Our rational minds say: "Stop doing it. You are a fool," but in fact they make it harder. We masturbate, for example, when we are nervous. Tell PMOers that it is destroying their virility, and the first thing they will do is to find something to rush their dopamine - a cigarette, alcohol or even fire up the browser and search for porn.
3. All reasons for stopping actually make it harder for two other reasons. First, they create a SOS sense of sacrifice. We are always being forced to give up our little friend or prop or vice or pleasure, whichever way the PMOer sees it. Secondly, they create a 'blind'. We do not masturbate for the reasons we should stop. The real question is: why do we want or need to do it?

The EasyPeasy Method is basically this: initially to forget the reasons we'd like to stop, to face the problem and to ask ourselves the following questions:

1. *What is it doing for me?*
2. *Do I actually enjoy it?*
3. *Do I really need to go through life using free internet porn or even paying through the nose just to sabotage my mind and body?*

The beautiful truth is that porn – streaming, static or whatever - does absolutely nothing for you at all. Let me make it quite clear; I do not mean that the disadvantages of being a PMOer outweigh the advantages. All PMOers know from the many published studies about high speed internet porn addiction, forum messages, blog articles in YBOP and similar sites. I mean there are not any advantages from internet porn. The only advantage it ever had was the 'educational' aspect and guess what, nowadays the kind of education that it is offering is highly disputable for their contribution to real life intimacy. Most PMOers find it necessary to rationalize why they PMO but the reasons they come up are all fallacies and illusions.

The first thing we are going to do is to remove these fallacies and illusions. In fact, you will realize that there is nothing to give up. Not only is there nothing to give up but there are marvellous, positive gains from being a non-PMOer and well being and happiness are only two of these gains. Once the illusion that life will never be quite as enjoyable without porn is removed, once you realize that not only is life just as enjoyable without it but infinitely more so, once the feeling of

being deprived or of missing out are eradicated, then we can go back to reconsider the health and happiness - and the dozens of other reasons for stopping. These realizations will become positive additional aids to help you achieve what you really desire to enjoy the whole of your life free from the slavery of the porn habit.

03-03-Why is it Difficult to Stop?

As I explained earlier, I got interested in this subject because of my own addiction. When I finally stopped it was like magic. When I had previously tried to stop there were weeks of black depression. There would be odd days when I was comparatively cheerful but the next day back with the depression. It was like clawing your way out of a slippery pit, you feel you are near the top, you see the sunshine and then find yourself sliding down again. Eventually you open your browser and as you masturbate you feel awful and you try to work out why you have to do it.

One of the questions I always ask online is: “do you want to stop PMO?” In a way it is a stupid question. All users (including members who dispute total abstinence) would love to stop PMO. If you ask to the most confirmed PMOer: “if you could go back to the time before you became hooked, with the knowledge you have now, would you have started PMO?”

“NO WAY,” would be the reply.

Say to the confirmed PMOer - someone who defends internet porn and who doesn't think that it cause injury to the brain (PIED, hypofrontality or the decreases in the dopamine receptors and etc.) - “do you encourage your children to use PMO?”

“NO WAY,” is again the reply.

All PMOers feel that something evil has got possession of them. In the early days it is a question of, “I am going to stop, not today but tomorrow.” Eventually we get to the stage where we think either that we haven't got the willpower or that there is something inherent in the whole PMO that we must have in order to enjoy life.

As I said previously, the problem is not explaining why it is easy to stop; it is explaining why it is difficult. In fact, the real problem is explaining scientifically why anybody does it even after getting the insights on the neurological damages of addictions not limited to porn.

The whole business of porn is an extraordinary enigma. One of the reasons we get on to it is because of the thousands of people are already into it, about 35% of the population approximately. Yet every one of them wishes he or she had not started in the first place, telling us that life is like driving in second gear. We cannot quite believe they are not enjoying it. We associate it with freedom or being “sex-educated” and work hard to become hooked ourselves. We then spend the rest of our lives telling others not to do it and trying to kick the habit ourselves.

We also spend the rest of our lives feeling hopeless and miserable. Time spent on porn can accumulate to a large percentage of our life in this planet! What do we do with that amount of time spent? We ‘educate’ ourselves with supranormal* ‘material’ that makes us stupidly prefer and childishly long for these cold images - even when warm real ones are available. By the constant surge and drop of dopamine induced by PMO, we sentence ourselves to a lifetime of irritability, anger, frustration, stress, fatigue*, PIED, hypofrontality etc. In short, it is a lifetime of slavery. It is logically and intuitively clear that amative sex (physical touch, feel, voice etc.) is the best part of sex and is even better (if Karezza* is practised, although not necessary for the current purposes) than the propagative (orgasm) part, except when children are desired. So, when we use porn in the absence of the best part of sex we feel miserable and guilty.

In fact, all the reading about internet pornography's addictive capabilities and it’s destructive effects here and in other online sites makes us even more nervous and hopeless. When we are trying to cut down or stop, we end up feeling deprived. We wish we didn't have to. What sort of hobby is it that when you are doing it you wish you weren't, and when you are not doing it you crave for it ? A lifetime of an otherwise intelligent, rational human being going through life in contempt.

The PMOer despises himself, every time he has an unreliable erection, a fading penetration, reading about PIED and other stuff on the YBOP forum, every time he could not pull himself up to exercise after a daytime PMO, every PMO behind his or her trustfully asleep partner’s back, every time he sees his tired face and lifeless eyes in the restroom mirror.

Having to go through life with these awful black shadows at the back of his mind, what does he get out of it? ABSOLUTELY NOTHING! Pleasure? Enjoyment? Relaxation? A prop? A boost? All illusions, unless you consider the wearing of tight shoes to enjoy the removal of them as some sort of pleasure!

* Supranormal - a phrase coined by Nikolaas Tinbergen. Studies show that our brains prefer brighter, larger, colourful etc. versions of what we like.
* Karezza - is the practice of amative sex that puts no pressure on orgasms as occurs in propagative sex. It relieves the man and woman from performance based anxieties.
* When dopamine receptors are de-activated in response to frequent and extended dopamine surges even normal de-stressing chemicals are not absorbed by our brains.

The real problem is trying to explain not only why PMOers find it difficult to stop but why anybody does it at all after knowing about brain neuroplasticity. You are probably thinking: “That's all very well. I know this, but once you are hooked on these things it is very difficult to stop.” But why is it so difficult, and why do we have to do it? Addicts of PMO search for the answer to these questions all of their lives. Some say it is because of the powerful withdrawal symptoms. In fact, the actual withdrawal symptoms from porn are so mild (see Chapter 6) that PMOers should know about smokers who have lived and died without ever realizing they are drug addicts.

Some say internet porn is free and hence humankind should claim this biological bonanza. It is NOT. It is addictive and acts like any other drug. Ask a PMOer who swears that he only enjoys safe playboy type erotica and that he could always restrict himself only to this soft genre ? If he is absolutely honest - he would tell you about the many times when he had unwittingly crossed the line. Otherwise good PMOers would rather use ‘unsafe’ hardcore stuff, rationalizing it, than left with nothing at all.

Enjoyment has nothing to do with it. I enjoy lobster but I never got to the stage where I had to have lobsters everyday and multiple times like they are hanging round my neck. With other things in life we enjoy them whilst we are doing them but we don't sit feeling deprived when we are not. Some search for deep psychological reasons, the “Freudian Syndrome,” or “the child at the mother's breast.” Really it is just the reverse.

The ‘usual’ reason why we start PMO is to show we are grown up and mature. Some think it is the reverse, the macho effect of “doing what boys do” or in some cases, “let me show I am a tomboy girl,” to rattle my conservative family. Again, this argument has no substance. Internet porn provides easy escalation (outrageous and shocking clips just a click away), desensitization (same

clips don’t do it any more) and all this within the high reward no risk settings. The science fiction story lines, the fake “amateurs,” the “real life” clips etc. should make any average PMOer discover pretty soon that it is all an illusion. What a PMOer should also understand is that after eating at restaurants every day the home food will never appeal your taste buds at all. Yes, the food is free and is tasty - but does it nourish you ?

Some say:

- “It is educational!” So, when is your graduation?
- “It is a sexual satisfaction.” So, why do it alone? Find a partner and save it for her or him?
- “It is the feeling of release.” A release from the stresses of real life? Porn is going to remove the cause of the stress? OK, good luck. You just added more to it.

Many believe PMO relieves boredom. This is also a fallacy. Boredom is a frame of mind. Porn will induce you to “novelty” seeking in no time. Causing you to be eventually more bored unless and until you participate in the “wild goose chase” all night long for the “right hit” producing clip. There is nothing interesting about supranormal stimulus such as internet porn, it fires up dopamine whose only job is to seek clips that evoke strong emotions, interesting novelty and outrageous shock value.

For thirty years my reason was that it relaxed me, gave me confidence and courage. I also knew it was draining me and costing me virility. Why didn't I go to a therapist or find an another way to relax me and give me courage and confidence? I didn't go because I knew he would suggest an alternative. It wasn't my reason; it was my excuse.

Some say they only do it because their friends and every one they know do it. Are you really that stupid? If so, just pray that your friends do not start cutting their heads off to cure a headache! Most users who think about it eventually come to the conclusion that it is just a habit. This is not really an explanation but having discounted all the usual rational explanations, it appears to be the only remaining excuse. Unfortunately, this explanation is equally illogical. Every day of our lives we change habits and some of them are very enjoyable. We have been brainwashed to believe that PMO is a habit and that habits are difficult to break. Are habits really difficult to break?

In the US we are in the habit of driving on the right side of the road. Yet when we drive in the UK we immediately break that habit with hardly any aggravation whatsoever. It is clearly a fallacy that habits are hard to break. The fact is that we make and break habits every day of our lives. So why do we find it difficult to break a habit that makes us deprived when we don’t have it yet guilty when we do and that we would love to break anyway, when all we have to do is to stop doing it?

The answer is that PMO is not habit: IT IS ADDICTION! That is why it appears to be so difficult to “give up.” Perhaps you feel this explanation explains why it is difficult to “give up?” It does explain why most PMOers find it difficult to “give up.” That is because they do not understand addiction. The main reason is that PMOers are convinced that they get some genuine pleasure and/or crutch from porn and believe that they are making a genuine sacrifice if they quit.

The beautiful truth is that once you understand porn addiction and the true reasons why you PMO, you will stop doing it just like that - and within three weeks the only mystery will be why

you found it necessary to PMO as long as you have, and why you cannot persuade other PMOers HOW NICE IT IS TO BE A NON-PMOer!

03-04-The Sinister Trap

Internet porn is the most subtle, sinister trap that man and nature have combined to devise. What gets us into it in the first place? The free samples from the professionals and the amateurs (celebrities and commons) who like to share. Some of us are even warned earlier that it's an awful and disgusting habit with short term pleasures and long term costs but we cannot believe that they are not enjoying it. One of the many pathetic aspects of PMO (after knowing its dangers) is how hard we have to work in order to become hooked.

It is the only trap in nature which has does not require a lot of hard work to set up. The thing that springs the trap is not that all porn clips feature young, high quality, sexy models; it’s that most of the thumbnails on any porn web page are ugly looking, unattractive, amateurish, home-made clips of unknown models. If the first timer’s first look at a tube page was only filled with angelic beauties, professional models and high quality then the alarm bells would ring. And as intelligent human beings, we could then understand why half the adult population was systematically addicted to watching something that is cutting down their very same potential to do what they are viewing. In many known and yet unknown ways porn cuts down sexual performance and the feeling of satisfaction.

But because that first “peek” has “stains and holes,” a mishmash of low quality clips of not-so-hot models, our young minds are reassured that we will never become hooked, and we think that because we are not enjoying them we can stop whenever we want to. It is the only drug in nature that prevents you from achieving your aim. Our curiosity brings us to its door steps. You dare not even click on all of the thumbnails because some of them will make you feel sick and throw up! If you were to accidentally click on an “I-did-not-see-that” clip - all you want to do is get away from the site and close your laptop.

With women, the aim is to be the sophisticated modern young lady. We have all seen them acting up and looking absolutely ridiculous. By the time the boys have learnt to look tough and the girls have learnt to look sophisticated, they wish they had never started in the first place. I wonder whether women ever look sophisticated when they discuss the top 10 porn sites, or whether this is a figment of our imaginations created by internet porn companies.

We then spend the rest of our lives trying to explain to ourselves why we do it, telling our children not to get caught and, at odd times, trying to escape ourselves. The trap is so designed that we try to stop only when we have an “incident” that touch us to the quick of the flesh, whether it be in the bed, loss of a career or relationship, shortage of drive or just plain being made to feel like a leper. As soon as we stop, we have more stress (the fearful withdrawal pangs of brain chemicals) and the thing that we rely on to relieve stress (our old prop, porn and PMO) we now must do without. Internet porn is powerful imagery at high speed making it a high fructose corn syrup... sorry, high density supernormal stimulant.

After a few days of torture we decide that we have picked the wrong time to quit. We must wait for a period without stress, and as soon as that arrives the reason for stopping vanishes. Of course, that period will never arrive because, in the first place, we think that our lives tend to become more and more stressful. As we leave the protection of our parents the natural process is

jobs, setting up home, mortgages, babies, more responsible jobs, a bigger house, more babies etc. etc. This is also an illusion.

The truth is that the most stressful periods for any creature are early childhood and adolescence. We tend to confuse responsibility with stress. A PMOer’s life - like a drug addict - automatically becomes more stressful because PMO does not relax you or relieve stress, as some try to make you believe. Just the reverse: it actually causes you to become more nervous and stressed. Internet porn is as fake in its promises for pleasure and crutch as its actors are. If you had never learned any life skills to cope the stress and strains of day to day life you are not going to get any better with this fake and disgusting crutch. Worse you are going to add more bales of straw on the old camel’s back.

Even those users who kick the habit (most do, one or more times during their lives) can lead perfectly happy lives yet suddenly become hooked again. The whole business of PMO is like wandering into a giant maze. As soon as we enter the maze our minds become misted and clouded, and we spend the rest of our lives trying to escape. Many of us eventually do, only to find that we get trapped again at a later date. I spent thirty-three years trying to escape from that maze. Like all PMOers, I couldn't understand it. However, due to a combination of unusual circumstances, none of which reflect any credit on me, I wanted to know why previously it had been so desperately difficult to stop and yet, when I finally did, it was not only easy but enjoyable.

Since stopping PMO my hobby has been to resolve the many conundrums associated with porn. It is a complex and fascinating puzzle and - like a Rubik's Cube - practically impossible to solve. However, like all complicated puzzles, if you know the solution, it is easy! I have the solution to stopping porn easily. I will lead you out of the maze and ensure that you never wander into it again. All you have to do is follow the instructions. If you take a wrong turn, the rest of the instructions will be pointless. Let me emphasize that anybody can find it easy to stop but first we need to establish the facts. No, I do not mean the scare facts. I know you are already aware of them. There is already enough information on the evils of PMO. If that was going to stop you, you would already have stopped. I mean, why do we find it difficult to stop? In order to answer this question we need to know the real reason why we are still doing PMO.

03-05-Why Do We Carry on with PMO?

We all start PMOing for many reasons, usually social pressures or our biological curiosity, but once we feel we are becoming hooked, why do we carry on using porn? No regular PMOer knows why he or she looks at porn. If PMOers knew the true reason, they would stop doing it. The true answer is the same for all PMOers but the variety of replies is infinite, I find this part of the consultation the most amusing and at the same time the most pathetic.

All PMOers know in their heart of hearts that they are fools. They know that they had no need to use porn or internet porn before they became hooked. Most of them can remember that their first 'peek' was a mix of revulsion and novel curiosity. They then filter out and get "skilled" at "locating" and "bookmarking" the right porn sites. They know that they had to work hard in order to become hooked.

The most annoying part is that they sense that non-addicts - most women, older guys, people living in countries where hi-speed internet porn is not available "on tap" - are not missing anything and that they are laughing at them.

However, PMOers are intelligent, rational human beings. They know that they are taking enormous future risks and so they spend a lot of time rationalizing their 'habit'. The actual reason why PMOers continue is a subtle combination of the factors that I will elaborate in the next two chapters. They are:

1. INTERNET PORN
2. BRAINWASHING

03-06-Internet Porn

Erotic novelty of the internet porn is a mental ‘drug’ and internet porn beats anything that is known to mankind and its streaming straight to your home for free ! We are not even talking VR virtual reality here. Porn triggers the ‘flooding’ of dopamine in our brain. Dopamine amps up the brain reward circuitry to produce experiences and feels of cravings and pleasure by locking themselves into ‘receptors’. More dopamine more wanting. Less dopamine no wanting. New experiences, tasty food - more dopamine - more wanting. Sex and sex related stuff gives the biggest injection of dopamine in the reward circuits. Dopamine is not the final pleasure stuff, if it were you would feel happy when you are done with it, but it is only a brain chemical that encourages seeking and action in you. The real pleasure is produced by opioids. More dopamine more opioids more action more happy feelings.

So the first time you see porn - dopamine injects itself - you act - you orgasm. All of which will now be stored as a script in your brain for easy access next time. I call this a ‘water slide’. Next time at the cue - a sexy commercial or alone time or stress or feeling a little down - you are ready to take a ride on the ‘water slide’. One more thing is that every time to repeat this you are ‘greasing’ it as well - so it is active, alive and more easier to slide the next time.

As time passes you are most probably not excited as before of the same clip - the reason will be explained shortly - but of similar type, genre, shock-level, our dopamine seeps into the brain but this time lesser than before. Now you feel less arousal, lesser motivation. This low motivation feeling in itself will trigger a feeling of lower satisfaction as our minds engage in constant rating. Then you seek more motivation. Then you ask for more novelty. Then you click on that amateurish, ugly looking, low quality, but high shock valued clip thumbnail which you had confidently said you won’t on your first time.

My Own Online Harem!

This cycle of novelty, escalation, satiation, desensitization etc. is not the same as the old porn magazine? Neither can you do that in real life with your partner. Maybe if you own a harem? One of the pros of owning a harem is novelty and the cons are desensitization, escalation and of course the cost.

Going back to the earlier discussion - in this cycle as you crossed the ‘red line’ you also trigger emotions such as guilt, disgust, embarrassment, anxiety and fear - which in turn raise dopamine levels as well. Now the brain may mistakenly associate feelings of anxiety and fear as sexual arousal. This perpetual cycle is only broken by natural causes - fortunately sooner or later. With its free access and privacy it provides boundless harem-like novelty. The dopamine can be theoretically kept very high for a very very long time. I can be satisfied with one lobster once in awhile. But Internet porn is different. It is even worse than drugs. Don’t let me make you nervous. I will shortly show you how to be free from this slavery.

Now our human body has a self-correcting system by which the number of dopamine and opioid receptors are cut short when frequent and daily ‘flooding’ of dopamine is detected. Unfortunately - these receptors are also needed for receiving dopamine and to keep us even and

balanced to handle the inevitable and normal day-to-day stresses. But this natural nominal amount of dopamine will not be absorbed efficiently with decreased receptors and you will feel more stressed and irritated than normal.

"For in the dew of little things the heart finds its morning and is refreshed"

- Kahlil Gibran.

A fleeting feeling of security is all that is needed to get through a rough spot in life - but will your brain be able to catch that drop of de-stressor that a non-PMOers' brain is able to catch and use?

This dopamine flooding, like a quick-acting drug, falls quickly to induce withdrawal pangs. I must at this point dispel a common illusion that PMOers have about withdrawal pangs. They think that withdrawal pangs are the terrible trauma they suffer when they try or are forced to stop PMOing. These are, in fact, mainly mental; the user is feeling deprived of his pleasure or prop. I will explain more about this later.

The Little Monster

The actual pangs of withdrawal from PMO are so subtle that most users have lived and died without even realizing they are like drug addicts. When we use the term 'porn addict' we think we just 'got into the habit'. Most PMOers have a horror of drugs, yet that's exactly what they are - drug addicts. Fortunately it is an easy drug to kick, but you need first to accept that you are addicted. There is no physical pain in the withdrawal from PMO. It is merely an empty, restless feeling, the feeling of something missing, which is why many think it is something to do with their hands. If it is prolonged, the user becomes nervous, insecure, agitated, lacking in confidence and irritable. It is like hunger - for a poison, INTERNET PORN.

Within seconds of engaging in PMO the dopamine is supplied and the craving ends, resulting in the feeling of fulfilment and pleasure that the action gives to the PMOer. In the early days, when we first start PMOing, the withdrawal pangs and their relief are so slight that we are not even aware that they exist. When we begin to masturbate regularly to internet porn we think it is because we've either come to enjoy them or got into the 'habit'. The truth is we're already hooked; we do not realize it, but that little monster is already inside our stomach and every now and again we have to feed it.

All PMOers start seeking porn for stupid reasons. Nobody has to. The only reason why anybody continues PMOing, whether they be a casual or a heavy user, is to feed that little monster. The whole business of porn and PMO is a series of confusing conundrums. All sufferers of PMO know at heart that they are fools and have been trapped by something evil. However, I think the most pathetic aspect about this is that the enjoyment that the PMOer gets from a session is the pleasure of trying to get back to the state of peace, tranquillity and confidence that his body had before he became hooked in the first place.

The Annoying Burglar Alarm

You know that feeling when a neighbour's burglar alarm has been ringing all day, or there has

been some other minor, persistent aggravation. Then the noise suddenly stops - that marvellous feeling of peace and tranquillity is experienced. It is not really peace but the ending of the aggravation. Before we start the next PMO session, our bodies are complete. We then force our brains to pump dopamine into the body using PMO, and when we are done orgasming and the dopamine starts to leave, we suffer withdrawal pangs - not physical pain, just an empty feeling. We are not even aware that it exists, but it is like a dripping tap inside our bodies. Our rational minds do not understand it. They do not need to. All we know is that we want porn and when we masturbate the craving goes, and for the moment we are content and confident again just as we were before we became addicted. However, the satisfaction is only temporary because in order to relieve the craving you have to get more porn. As soon as you orgasm the craving starts again and so the chain goes on. It is a chain for life - UNLESS YOU BREAK IT.

The whole business of PMO is like wearing tight shoes just to obtain the pleasure you feel when you take them off. There are three main reasons why PMOers cannot see things that way:

1. From birth we have been subjected to massive brainwashing telling us that internet porn is simply just another modern development that replaced the print version of porn. Why should we not believe them when it hides behind the truth that masturbation is not bad? (However, I won't recommend you take up masturbation). Why else would they waste all that time and energy and take such horrendous risks?

2. Because the physical withdrawal from dopamine injection involves no actual pain but is merely an empty, insecure feeling, inseparable from hunger or normal stress and because those are the very times that we tend to seek internet porn. We tend to regard the feeling as normal.

3. However the main reason that PMOers fail to see internet porn in its true light is because it works back to front. It's when you are *not* masturbating to it that you suffer that empty feeling. Because the process of getting hooked is very subtle and gradual in the early days, we regard that empty feeling as normal and don't blame it on the previous PMO session. The moment you fire up the browser and reach a tube site, you get an almost immediate boost or buzz and do actually feel less nervous or more relaxed and internet porn gets the credit.

It is this 'back to front' reverse process that makes all drugs difficult to kick. Picture the panic state of a heroin addict who has no heroin. Now picture the utter joy when that addict can finally plunge a needle into his vein. Can you visualize someone actually getting pleasure by injecting themselves, or does the mere thought fill you with horror? Non-heroin addicts don't suffer that panic feeling.

The heroin doesn't relieve it. On the contrary, it causes it. Non-PMOers - say a 14 year old in 2008 - didn't suffer the empty feeling of needing internet porn or start to panic when they are off-line. Non-PMOers cannot understand how PMOers can possibly obtain pleasure from two dimensional videos with muted sounds and abnormal body proportions. And do you know something? PMOers themselves cannot understand why they do it after some time either.

We talk about internet porn being relaxing or giving satisfaction. But how can you be satisfied unless you were dissatisfied in the first place? Why don't non-PMOer suffer from this dissatisfied state and why, after a no-sex date, when the non-PMOers are completely relaxed, are PMOers

completely unrelaxed until they have satisfied their 'little monster'?

A Pleasure or Crutch?

Forgive me if I dwell on this subject for a moment. The main reason that PMOers find it difficult to quit is that they believe that they are giving up a genuine pleasure or crutch. It is absolutely essential to understand that you are giving up nothing whatsoever. The best way to understand the subtleties of the PMO trap is to compare it with eating. If we are in the habit of eating regular meals, we are not aware of being hungry between meals. Only if the meal is delayed are we aware of being hungry, and even then, there is no physical pain, just an empty, insecure feeling which we know as: 'I need to eat.' And the process of satisfying our hunger is a very pleasant pastime.

PMOing appears to be almost identical. The empty, insecure feeling which we know as: 'wanting or needing an PMO orgasm' is identical to a hunger for food, although one will not satisfy the other. Like hunger, there is no physical pain and the feeling is so imperceptible that we are not even aware of it between PMO sessions. It's only if we want to masturbate and aren't able to reach internet for porn that we become aware of any discomfort. But when we do PMO we feel satisfied.

It is this similarity to eating which helps to fool PMOers into believing that they receive some genuine pleasure. Some PMOers find it very difficult to grasp that there is no pleasure or crutch, whatsoever to PMO. Some argue: "How can you say there is no crutch? When I orgasm up then I'll feel less nervous than before."

Although eating and PMOing appear to be very similar. In fact they are exact opposites:

1. You eat to survive and to energize your life, whereas PMOing dims your mojo and cuts down your energy.
2. Food does genuinely taste good, and eating is a genuinely pleasant experience that we can enjoy throughout our lives, whereas PMOing involves self-sabotaging the happiness receptors and thus destroying your chances to cope and to feel happy.
3. Eating doesn't create hunger and genuinely relieves it, whereas the first PMO starts the craving for dopamine and each subsequent one, far from relieving it, ensures that you suffer it for the rest of life.

PMO is a Habit?

This is an opportune moment to dispel another common myth about PMO - that it is a habit. Is eating a habit? If you think so, try breaking it completely. No, to describe eating as a habit would be the same as describing breathing as a habit. Both are essential for survival. It is true that different people are in the habit of satisfying their hunger at different times and with varying types of food. But eating itself is not a habit. Neither is PMO. The only reason any PMOer fires up the browser is to try to end the empty, insecure feeling that the previous orgasm and the PMO session created. It is true that different PMOers are in the habit of trying to relieve their withdrawal pangs at different times, but PMO itself is not a habit.

On the internet they frequently refer to PMO as a habit and in this hackbook, for convenience,

I also refer to the 'habit'. However, be constantly aware that it is not habit, on the contrary it is no more nor less than DRUG ADDICTION! When we start to PMO we have to force ourselves to learn to cope with it. Before we know it, we are ‘escalating’ * - we have to then have more bizarre and more shocking porn. The thrill is in the hunting... not in the killing. If we don't then panic sets in and as we go through life we tend to novelty-seek more and more. Worse is when this seeking of higher shock level get into our real life. Have you heard about people suffering from PIED, that too in solo? How about wet dreams and fantasies where you are not even there but only involving others? There is no performance stress but I am not even getting hard. Great!

** Escalation - a practice that is the result of our brain’s novelty and curiosity seeking to get more dopamine in our reward circuitry.*

Crossing The Red Line

This is because, as with any other drug, the body tends to develop immunity to the effects of the same old porn clips and our brain wants more or something else. After quite a short period of watching the same clip it ceases to relieve completely the withdrawal pangs that the previous PMO session had created. You want to stay on the safe side of your own ‘red line’ but your brain is asking you to click on that ‘forbidden fruit’ clip. There is a tug of war occurring in this supposed porn paradise.

You feel better than you did before starting this PMO session but you are in fact more nervous and less relaxed than you would be as a non-PMOer, like someone who is living in Loma Linda or in an Amish village, even though you are actually PMOing and living in your supposed “porn paradise.” This position is even more ridiculous than wearing tight shoes because as you go through life an increasing amount of the discomfort remains even when the shoes are removed.

Once the orgasm is achieved, the dopamine rapidly begins to leave the brain, causing a mood dip. Which explains why the PMOer wants to ‘edge’* and switch through multiple browser windows as they seek and search. As I said, the ‘habit’ doesn't exist. The real reason why every user goes on using internet porn is because of that little porn monster inside his stomach. Every now and again he has to feed it. The PMOer himself will decide when he does that and it tends to be on four types of occasion or a combination of them.

** Edge - to stay longer in pre-orgasm stage. To delay orgasm.*

These occasions are:

- BOREDOM/CONCENTRATION - two complete opposites!
- STRESS/RELAXATION - two complete opposites!

What magic drug can suddenly reverse the very effect it had minutes before? If you think about it, what other types of occasion are there in our lives; apart from sleep? The truth is that PMO neither relieves boredom and stress nor promotes concentration and relaxation. It is all just illusion. Apart from being a drug, PMO is also a destroyer of happiness and virility.

In case you have ideas of toning down to other more ‘realistic’ or ‘soft’ genres of porn and such, I should make it quite clear that the content of this book applies to all porn, yes, that includes,

print, webcams, pay-per-views, chat, live shows etc. that is on high speed internet where ‘novelty’ and ‘shock’ is the nature of the game. Imagination goes farther than reality. The human body is the most sophisticated object on our planet. No species, even the lowest amoeba or worm, can survive without knowing the difference between food and poison.

Brain Reward Circuit Mechanics

Through a process of natural selection over thousand of years, our minds and bodies have developed techniques for rewarding actions that multiply and sustain humanity. Yet our minds and bodies are not ready for the supernormal stimulus that is bigger, brighter, colourful, edgier and more shocking than the one we have now. We are attracted proportional to the degree of how far the outlier is from our individual normal. It can be two dimensional clip - and a muted one at that - we will get aroused. Look at the same clip again and again and you won’t be. You just moved your red line close to the outlier and in no time you will enclose it in your normal consciousness. It is natural and it is so that you can multiply and grow this human race. In real life there are checks and balances in place so you take a break and go away do something else. With internet porn you there are no such checks and balances and you are living in a virtual harem!

When we took a ‘peep’ at internet porn the first time, a few images were titillating but most were disgusting, causing you to avert your eyes away. Like you would if had accidentally glanced a feeding mother’s breast. And some of us are even revolted with what they saw when the star reminded them of someone dear to their heart or a scene which recalled their own instance of being the victim. Some don’t feel like it to browse and masturbate at the same time. It may be hard to believe for you but the non-PMOs, who don’t PMO after their first time, are the lucky ones. They actually decided that it was not their cup of tea. It must be hard for you to believe but stay with me.

How many of us don’t visit brothels - even when you are far from home? Why not? It’s not the social stigma? How many of us did not bring home a bottle on your way back from work - even after a hard day? Why not ? You ‘deserve’ it after that big deal you made? You just decided, after your first instance, that it’s not your cup of tea. That's all.

Are PMOers Mentally Weak?

It is a fallacy that physically weak and mentally weak-willed people become PMOers. The lucky ones are those who find that first instance repulsive and they are cured for life. Or, alternatively, they are not mentally prepared to go through the severe learning process of fighting the obstructions of self-talking themselves to get hooked, fear of ‘getting caught’, not technical enough to create an online cache, operate privacy settings in the browser etc.

To me this is the most tragic part of this whole business. How hard we worked to become hooked, and this is why it is difficult to stop teenagers. Because they are skilled in seeking and finding material, they know online privacy options and can clean their tracks - if they still feel some stigma and they (wrongfully) believe they can stop whenever they want to. Why do they not learn from us? Then again, why did we not learn from our PMOers and addicts?

Many PMOers believe they enjoy online internet porn. It is an illusion. What we are actually doing when we jump from genre to genre is to keep our ‘novelty’ monkey within the ‘red line’ of ‘safe’ porn genres to get our dopamine fix, like heroin addicts who think that they enjoy injecting

themselves. The withdrawal pangs from heroin are relatively severe and all they are really enjoying is the ritual of relieving those pangs.

The High From The Dance Around The Red Line

Even with that one clip on which he lingers longer - the PMOer constantly teaches himself to filter out the bad and ugly portions of a porn clip. Even if it is solo, you still do the ‘filtering’ on the body parts that appeal to you the most. In fact some even take pleasure in this game to find an excuse to declare that they like ‘soft’ stuff and are not addicted to supranormal stimuli. Sometimes even this constant dance around the red line in itself produces a sort of high as well.

Ask a user who believes that he sticks to a certain actor or genre - only because he likes something about the star or the theme (if any) of the clip: “If you cannot get your normal brand of porn and can only obtain a poor or unsafe brand, do you stop masturbating?” No way. A PMOer will masturbate to anything rather than abstain and it doesn't matter if he has to switch to escalating themes, different sex-orientation-themes, look-alike actresses, dangerous settings shocking relationships etc. To begin with they taste awful but if you persevere you will learn to like them. Most PMOers will also try to seek masturbation even after having real sex (unfulfilment, porn-induced unrealistic expectations etc.), or after a long, stressful work day, fever, colds, flu, sore throats and even when admitted in hospitals.

Enjoyment has nothing to do with it after the initial few minutes. If sex is wanted then it makes no sense to be with your laptop. During my conversation some PMOers find it alarming to realize they are drug addicts and think it will make it even more difficult to stop. In fact, it is all good news for two important reasons:

1. The reason why most of us carry on masturbating to internet porn is because, although we know the disadvantages outweigh the advantages, we believe that there is something in the porn that we actually enjoy or that it is some sort of prop. We feel that after we stop PMOing there will be a void, that certain situations in our life will never be quite the same. This is an illusion. The fact is the masturbation and especially PMO gives nothing; it only takes away and then partially restores to create the illusion. I will explain this in more detail in a later chapter.
2. Although internet porn is the most powerful trigger for ‘novelty’ and ‘sex’ based dopamine ‘flooding’ - because of the speed with which you become hooked, you are never badly hooked. The actual withdrawal pangs are so mild that most PMOers have lived and died without ever realizing that they have suffered them.

You will quite rightly ask why it is that many PMOers find it so difficult to stop, go through months of torture and spend the rest of their lives pining for it at odd times. The answer is the second reason why we use Internet porn - the brainwashing. The brain-chemical addiction is easy to cope with. Most PMOers go days without online porn - when they are on business trips or travel etc. The withdrawal pangs don’t affect them. Their little porn monster knows that you will open your laptop as soon as you return to hotel room or your den. Ah, you can even survive this obnoxious client and your megalomaniac manager - just ‘knowing’ that the fix is there for your take. It doesn't bother the PMOers.

The Smokers Analogy

A good analogy is the situation of smokers - if they went ten hours during the day without a cigarette they'd be tearing their hair out. Many smokers will buy a new car nowadays and refrain from smoking in it. Many will visit theatres, supermarkets, churches, etc. and not being able to smoke doesn't bother them. Even on the trains there have been no riots. Smokers are almost pleased for someone or something to force them to stop smoking.

PMOers will automatically refrain from using internet porn in the home of their parents while visiting for family get togethers etc. with little discomfort to themselves. In fact, most PMOers have extended periods during which they abstain without effort. Even in my case I would quite happily go a week or so without a PMO incident. In the later years as a PMOer I actually used to look forward to these days when I could stop choking my penis (what a ridiculous 'habit').

The brain chemical addiction (little monster) is easy to cope with, even when you are still addicted, and there are thousands of PMOers who remain casual users all their lives. They are just as heavily addicted as the heavy PMOer. There are even heavy PMOers who have kicked the 'habit' but will have an occasional ‘peek’, and that keeps them addicted. You are ‘greasing’ the ‘water slide’ of the brain only to see you slide down at the next dip in your mood.

The Big Monster - The Brainwashing

You are smart enough to know (aside, I will explain shortly why PMOers are in fact a strong willed and hard working bunch) that not all porn workers get a W-2 with 401k and stock options. Only a very rare actor and that too for a very short period of time of their career may be.

Not all the amateurs are ‘amateurs’ on these tube sites, oversized body parts and overcharged scenarios are the norm, aided by a bit of the ‘viagran’ help.

As I say, the actual porn addiction is not the main problem. It just acts as a catalyst to keep our minds confused over the real problem: the brainwashing. It may be of consolation to lifelong and heavy PMOers to know that it is just as easy for them to stop as casual PMOers. In a peculiar way. it is easier. The further you go along with the 'habit', the more it drags you down and the greater the gain when you stop.

It may be of further consolation for you to know that the rumours that occasionally circulate that the neural pathways created are there for life, and so at the right (or wrong) time and with strong stimuli you will be sliding again down the ‘water slide’ of internet porn and masturbation to permanently destroy your real life sex are untrue.

Do not think the bad effects of internet porn are exaggerated. If anything, they are sadly understated but the truth is there are different levels of dependency on PMO and masturbation in general. However, these bodies of ours are incredible machines and have enormous powers of recovery. If you stop now, your body and brain will recover within a matter of a few weeks.

As I have said, it is never too late to stop. You can see many who have stopped not only porn but masturbation as well. Naturally with any obstacles that humans face some have even taken this addiction recovery to the next level in learning about differentiating amative and propagative sides of sex. They have not only rebooted their sex lives but have made their partner happier than before

as well.

The further it drags you down, the greater the relief. When I finally stopped I went straight to ZERO, and didn't have one bad pang. In fact, it was actually enjoyable, even during the withdrawal period. But we must remove the brainwashing about internet porn regardless of your status as single or partnered and also of masturbation.

03-07- Brainwashing and the Primitive Mechanism

How or why do we start PMOing in the first place? To understand this fully you need to examine the powerful effect of the supernormal stimulus. We all tend to think we are intelligent, dominant human beings determining our paths through life. We act and act frequently when our brain reward circuit are rewarded. Nobel laureate Nikolaas Tinbergen coined the term “supranormal stimulus.” He said mammals could be tricked into preferring fake eggs and mates. Female birds, for example, struggled to sit on larger-than life, vividly spotted plaster eggs while their own pale, dappled eggs perished untended.

The stimulation here in internet porn is not it brings stimulating actors and themes to your home - it is a genie at your bidding to create a harem in your mind. You can switch between genres and theme, home-made and viewer rated, commented and discussed, so rapid and so easy. We absolutely are not ready for the high speed internet porn and our brains are not designed to handle this supranormal stimuli.

We can have an ‘information overload’ from the same internet but our reward circuits are not going to squirt dopamine at the levels when ‘porn overload’ is involved. We are evolutionarily programmed to seek and access sex related stuff. And we wrongly appraise the stimulus mostly based on this reward circuit action. If all you wanted is to masturbate why can’t you just use one clip and get the business done?

Here is another question - next time after a long day or some stressful incident can you consciously embellish your self-talk with “Do you know what I would really enjoy today? The marvellous warm glow of dopamine rush going to my online harem.” You will find that even people who dislike PMO will join you.

Past Misguided Advice

There was much misguided advice given in the past and one is that masturbating will lead to blindness. And there are some other scare tactics that clearly over-did it. It is right that those notions were overthrown by science. But now the mainstream threw the baby out with the bath water. TV programs, pop music, literature and movies all subtly show shambolic characters using porn or masturbation. They knowingly or unknowingly mix porn, sex, internet porn, masturbation and orgasm.

From our earliest years our subconscious minds are bombarded daily with information telling us that sex is good and that the most precious thing on this earth is to ‘achieve’ orgasm. Girls are taught to achieve it and claim it's because they were wrongly suppressed of their sexual side for a very long time and still are. You think I exaggerate? Watch any TV or movie plot and you will see the mix-up of the amative (touch, smell, voice etc.) and the propagative (orgasmic) sides of sex. The impact of this does not register on our conscious minds but the sleeping partner, the subconscious mind, has time to absorb it. What the message is really saying is, “The most precious thing on this earth, my last thought and action, will be the goal of orgasm.” If you don’t have an orgasm then you are an old man with zero libido.

Our children are being bombarded by sex and porn clips and many don't even know how to protect them from it all. Large hoardings and magazine adverts are loaded with sexual innuendo. Some of the pop videos are extremely suggestive - again they hide behind free speech. Don't be vexed and feel powerless about it. Make it a game and find you which of the components they are using - is it novelty, shock value, color, size, taboo etc. If the kids are pre-teen some of these can be disclosed to them and it would make an excellent show-and-tell game.

A while back there was a wave of 'leaked' private videos of celebrities on the internet. If the youngster is too smitten by their favourite star, even if the conscious mind blames the 'leak' on the blood thirsty internet paparazzi, the 'sleeping partner' is patiently digesting the notion that, "yes, even my shambolic hero does it and if I don't, I won't look the part."

The Scientific Reasoning

True, there is publicity the other way - the PIED scares, the loss of motivation, preferring virtual porn to real girls, YBOP*, Reboot* forums, underground PUA*, the no FAP movement - but these do not actually stop people PMOing. Logically they should, but the fact is they do not. They would not even prevent youngsters from starting no matter how much the YBOP guys try. All the years that I remained a PMOer, I can honestly say, even if I had read all of them before, I would never have become a quitter. The truth is that it doesn't make the slightest bit of difference. The trap is the same today as when you fell into it.

** YBOP - yourbrainonporn.com, the leading internet porn addiction awareness site.*

** PUA pickup artist. Someone who teaches men to pick up mates.*

** Reboot forum - online resource for those who try temporary abstinence.*

Ironically, the most powerful force in this melee of confusion is the PMOer himself. It is a fallacy that they are weak-willed or are physically weak specimens. You have to be physically strong in order to cope with an addiction after you know it is. This is one of the reasons why PMOers refuse to accept the overwhelming statistics that prove that internet porn with its 'novelty' cripples your brain. Add to that the sexologists who are doing half-baked studies and declare PMO is not an issue - they just help to add to the confusion.

Everyone knows a friend who PMOed every day - he started with the 'static' to internet porn, always horny in real life, chasing girls and you never doubted him to have sex problems of course. You want to believe him. He never complained about any ED right? Guys and girls like them refuse even to consider the hundreds of ex-addicts and non-PMOers who painfully recount their difficulties. It is the "little monster" brain chemical addiction and the "big monster" - illusions and delusions. In this hackbook, I've put together almost all the sorts of brainwashing a PMOer can suffer from. There will always be a few out there that I haven't touched upon.

Even more painful is they think of themselves as unsuccessful losers and insufferable introverts. A possible fact is that a PMO friend could have been more interesting in person if he hadn't put himself down for seeking self-pleasure.

If you do a small survey among your online forum members, friends and colleagues, you will

find that most PMOers are, in fact, strong-willed people. They tend to be self-employed, business executives or in certain specialized professions, such as doctors*, lawyers, policemen, teachers, salesmen, nurses, secretaries, housewives with children, etc. In other words, anybody leading a stressful existence. Yes, I did include women and mothers. It's the brain and it's the same for them too. The main delusion of the PMOer is that porn helps to masturbate to orgasm and that relieves stress. This tends to be associated with the dominant type, the type that takes on responsibility and stress and, of course, that is the type that we admire and therefore tend to copy. Another group that tends to get hooked are people in monotonous jobs because the other main reason for PMOing is boredom. However, the idea that internet porn relieves boredom is also an illusion, I am afraid.

** Doctors - there is a reddit online forum for medical doctors who are quitting.*

As a society we get all uptight about glue-sniffing, heroin addiction, etc. Actual deaths from glue-sniffing do not amount to ten per annum, and deaths from heroin are less than a hundred a year in this country. There is another drug, internet porn, on which over 45 per cent of us become hooked at some time in our lives and the majority spend the rest of their lives regretting it. Some even don't know that their ED is due to this.

The Willpower Method

PMOers who quit using the Willpower method blame their own lack of willpower and ruin their peace and happiness. It is one thing to fail in self-discipline and another to self-loathe. There is no law that requires you to get fully hard all the time before sex, and to be properly aroused, and that you must be able to satisfy a woman. We are working on an addiction and not a habit. Habit is something you like to do- for example, golf - at no point you are arguing with yourself to stop golfing? But you do so with your porn addiction. The real question is: why?

Constant exposure to internet porn re-wires your brain. You need to start building resistance to this brainwashing, just as if you were buying a car from a second-hand car dealer. You would be nodding politely but you would not believe a word the man was saying. So don't believe everything they say either - that you must have sex as much as you can and you must have it exceptional good. And that in the absence of real sex you claim it by the substitute called internet porn - which is only a component of the good old porn.

And don't play 'safe' porn game either - because your "little porn monster" invented that scheme to lure you. Even the content - 'amateur'? Really? Is there a certification authority that certifies it? Tube sites and porn producers gather site visitor profiles and cater to their needs. If they see a trend in crowd sourced collection of a particular genre they will focus on that and get content out ASAP. The statistics of what genre users like is collected to the level of how long and which portion the users were preferring. Do not be fooled by their educational intent or the safe female oriented clips (for you ladies). Start asking yourself:

- Why am I doing it?
- Do I really need to?

NO, OF COURSE YOU DON'T.

I find this brainwashing aspect the most difficult of all to explain. Why is it that an otherwise

rational, intelligent human being becomes a complete imbecile about his own addiction? It pains me to confess that out of the thousands of people that I have assisted in kicking the habit, I (not Allen Carr) was the biggest idiot of all.

At the age of thirteen, although I was doing well at school and games, I was still an insufferable introvert. I read books from the library that were not within my main study list. However, I can see that I was attracted to erotica. I started masturbating to TV programs, song and dance sequences etc. I must have to have it every day. The tired feeling I felt was misappropriated by my ‘little porn monster’ as work stress. I didn’t know my “I-must-masturbate-as-I-am-entitled” attitude was the one that created the ‘stress’ in the first place. Then I got pictures and GIFs via email on my laptop - the first step towards electronic porn. The colour and texture of the images were amazing for me at that time - won’t be now for sure. Then came dial-up but still they were predominantly static pictures. Then came downloadable videos. It’s a pain to download and watch now - but it was heaven sent then as we were coming out of the static porn era! Oh, the streaming tube sites haven’t arrived yet.

When Real Sex Is Not Enough Anymore

I even remember opening up my laptop after having real sex (an activity I did due to stress induced by my own irrational rigid self demands to make her orgasm) and I was wanting more. Obviously the prospect of orgasm providing fulfilment rarely happens after prolonged porn use. So, my mind was reaching out to porn.

At the age of forty, I was visiting my online harem daily, drinking ‘socially’ (whatever that means) and smoking ‘sometimes’ but not so often. I had wrongly subscribed to misguided ideas of ‘moderation’ and ‘entitlement’. I had reached the stage where I couldn't get through a single day without reaching out to porn in the night. With most PMOers, the triggers are the normal stresses of life, like answering the telephone or socializing.

When I experienced PIED - I knew it was killing my virility. There was no way I could kid myself otherwise. I am smart enough not to ‘project’ the porn fantasies on to real life. But it was like pacifying a dog straining at its leash. But why I couldn't see what it was doing to me mentally, I could not understand. It was almost jumping up and biting me on the nose. The ridiculous thing is that most PMOers suffer the delusion at some time in their life that they enjoy internet porn because it is ‘normal’ and ‘healthy’. I never suffered that delusion, I PMOed because I thought enjoying sex is a ‘birthright’ and I am only doing a normal thing.

Since it was easier at most times for me to get internet porn than a partner I thought I am doing the normal thing. Now I am a non-PMOer, the most difficult part is trying to believe that those days actually happened. It's like awakening from a nightmare and that is about the size of it. Internet porn is a supranormal drug. It is weakening your de-stressing mechanisms, your virility and your energy. The worst aspect of PMO isn't the injury to your health or manliness, it is the warping of the mind. You search for any plausible excuse to go on.

I remember at one stage switching to static images, a failed attempt to cut down on internet porn, in the belief that it was less harmful and I could reign in my ‘habit’. I failed to see the ‘novelty’ and the ‘shock’ demands from my ‘little monster’ to just get more dopamine. Did I ‘stay’

within my boundaries? I ‘favorited’ 2 dimensional photos and my harem collection saw pictures and videos of ‘mild’ type porn rotating in and out like musical chair. When their ‘music’ stopped they ‘exited’. I didn’t understand the novelty-seeking, shock-seeking nature of my brain.

PIED And My Excuses

Once I figured I had PIED, as it had occurred multiple times with two different partners, I switched to more and more sophisticated masturbation. I practised with different artificial vaginas. They are sold as strength training. However, the combo of internet porn and toys needs deft hands, which is off-putting. Besides, by this time I was at the stage of orgasming with a limp member. All I wanted is an orgasm so I did not care about arousal, getting hard and all that. I had a long distance married girlfriend - who likes to share and talk about her sex life in very explicit manner. It turned me on so much that I’d masturbate to orgasm when I am on the phone with her. She knew it and would play with me by cutting off abruptly - to keep me hanging there - making me wanting more when she calls the next time. She had no trouble because I was fully willing to be the subject of playing such games, as long as it led to orgasm. A girl knows when a guy is seeking orgasm and it is his only goal. The only redeeming factor about me was my intelligence and empathy which kept her and my other partners coming back to me.

Most PMOers swear that they only watch static and soft porn and so they are OK. They are actually straining at the leash and thus fighting with their willpower to resist temptations. If they do this too often and for too long they will debit their willpower considerably and fail in other life projects where willpower is of much great value, like in daily exercise, dieting etc. Continuous failure in those areas will make them feel miserable and guilty and very soon they will find themselves back to their entitled relief. If not, they will vent their anger and depression onto their loved ones.

The answer is that once you have become addicted to internet porn, the brainwashing is increased. Your subconscious mind knows that the little monster has to be fed and you block everything else from your mind. As I have already stated, it is fear that keeps people quitting, the fear of that empty, insecure feeling that you get when you stop supplying the brain with dopamine flooding. Just because you are not aware of it doesn't mean it isn't there. You don't have to understand it any more than a cat needs to understand where the under-floor hot-water pipes are. It just knows that if it sits in a certain place it gets the feeling of warmth.

The Passivity Of Our Mind

It is the passivity of our minds and dependency on authority leading to brainwashing that is the main difficulty in giving up PMO. The brainwashing of our upbringing in society reinforced with the brainwashing from our own addiction and, most powerful of all, the brainwashing of our friends, relatives and colleagues. Did you notice that up to now I've frequently referred to 'giving up' PMO, I used the expression at the beginning of the previous paragraph. This is a classic example of the brainwashing. The expression implies a genuine sacrifice. The beautiful truth is that there is absolutely nothing to give up. On the contrary, you will be freeing yourself from a terrible disease and achieving marvellous positive gains. We are going to start removing this brainwashing now. From this point on, no longer will we refer to 'giving up', but to stopping, quitting or the true

position: ESCAPING!

The only thing that persuades us to PMO in the first place is all the other people doing it. We feel we are missing out. We work so hard to become hooked, yet nobody ever finds out what they have been missing. But every time we see another new video clip it reassures us that there must be something in it, otherwise people wouldn't be doing it - and it wouldn't be such big business all over the world. Even when he has kicked the habit, the ex-PMOer feels he is being deprived when a discussion on a sexy entertainer, singer or even a porn star comes up at a party or other social function. She or he must be good to have all my friends talk about them, no? Do they have ‘hot’ pictures of her in my tube site? He feels safe. He can have just one ‘peek’ that night. And, before he knows it, he is hooked again.

This brainwashing is extremely powerful and you need to be aware of its effects. I have heard scare stories about wicked men giving heroin mixed candies to kids at schoolyards. The concept of addiction and being compelled to go on taking the drug, filled me with horror. Even to this day, in spite of the fact that I am fairly convinced that 'pot' is not addictive, I would not dare take one puff of marijuana. How ironic that I should have ended up a porn junky. Technology will continue to grow and we will have even faster tube sites and more faster access methods. The industry is investing millions in Virtual Reality so it will become the next best thing. The point is, do we know where we are going? Are we equipped with an under armour of defence so we can enjoy the benefits of technology yet at the same time protect ourselves from its bad effects?

We are about to remove the brainwashing. It is not the non-PMOer who is being deprived but the poor user who is forfeiting a lifetime of:

- HEALTH
- ENERGY
- WEALTH
- PEACE OF MIND
- CONFIDENCE
- COURAGE
- SELF-RESPECT
- HAPPINESS
- FREEDOM

And what does he gain from these considerable sacrifices? ABSOLUTELY NOTHING! Except the illusion of trying to get back to the state of peace, tranquillity and confidence that the non-PMOer enjoys all the time.

03-08-Relieving Withdrawal Pangs

As I explained earlier, PMOers think they do it for enjoyment, relaxation or some sort of education. In fact, this an illusion. The actual reason is the relief of withdrawal pangs. In the early days we use the porn as a curious and novel thing or even educational or as a rebel. We can take it or leave it. However, the subtle chain has started. Our subconscious mind begins to learn that internet porn and masturbation taken at certain times tends to be pleasurable. The more we become hooked on the drug, the greater the need to relieve the withdrawal pangs and the further the PMO drags you down and the more you are fooled into believing it is doing the opposite. It all happens so slowly, so gradually, you are not even aware of it. Each day you feel no different from the day before. Most young PMOers don't even realize they are hooked until they actually try to stop and even then many won't admit to it. A few stalwarts just keep their heads in the sand all their lives, trying to convince themselves and other people that they enjoy it.

Listen to this conversation a therapist had with hundreds of teenagers.

TH: “You realize that internet porn is a drug and that the only reason why you are using is that you cannot stop.”

PA: “Nonsense! I enjoy it. If I didn't, I would stop.”

TH: “Just stop for a week to prove to me you can if you want to.”

PA: “No need. I enjoy it. If I wanted to stop, I would.”

TH: “Just stop for a week to prove to yourself you are not hooked.”

PA: “What's the point? I enjoy it.”

As already stated, PMOers tend to relieve their withdrawal pangs at times of stress, boredom, concentration, relaxation or a combination of these. This point is explained in greater detail in the next few chapters.

03-09-Stress

I am referring not only to the great tragedies of life but also to the minor stresses, the socializing, the telephone call, the anxieties of the housewife with noisy young children and so on. Let us use the telephone conversation as an example. For most people the telephone is slightly stressful, particularly for the businessman. Most calls aren't from satisfied customers or your boss congratulating you. There's usually some sort of aggravation - something going wrong or somebody making demands. Then he or she comes home to the mundane family life of kids screaming and wife's emotional demands on you. His already PMO weakened de-stressors are in no way ready to take the aggravation. At that time the PMOer, if he isn't already doing so, will fantasize the relief of internet porn that he promised himself that night. He will even allow himself to “take one step more” into the ‘forbidden’ area that he had previously self-excluded. He doesn't know why he does this but he does know that for some reason it appears to help.

What has actually happened is this: without being conscious of it, he has already been suffering aggravation (i.e. the withdrawal pangs). By partially relieving that aggravation at the same time as normal stress, the total stress is reduced and the PMOer gets a boost. At this point the boost is not, in fact, an illusion. The Internet porn user will feel better than before. However, even when using porn to masturbate he or she is more tense than if he were a non-PMOer because the more you go into the drug, the more it knocks you down and the less it restores you when you masturbate. I promised no shock treatment. In the example I am about to give, I am not trying to shock you, I am merely emphasizing that PMO destroy your nerves rather than relax them.

Try to imagine getting to the stage where you cannot get aroused even with a very sexy and attractive partner. Just for a moment pause and try to visualize life where one very lovely and charming woman has to compete and fail with all the virtual porn stars who are in your 'harem' to get your attention! Try to imagine the frame of mind of a man who, issued with that warning, actually continues PMOing and then dies without ever having had real sex with this charming and willing real woman. I had read real life stories like that from men and dismissed them as weirdos. In fact, I used to wish a doctor would tell me that this weird condition would happen if I continue PMO; then I would have stopped. Yet I was already fully expecting that PIED and hypofrontality where I am guaranteed to lose in a brain war. I didn't think of myself as an impotent, just a heavy PMOer. Now, let’s talk about the stress that this is putting on me.

Such weird stories as the above are not fakes. That is what this awful ‘novelty’ porn drug does to you. As you go through life, it systematically takes away your nerve and courage. The more it takes your courage away, the more you are deluded into believing the porn is doing the opposite.

Have you ever been overtaken by panic when you are out on business travel and the hotel WiFi is down or too slow? Non-PMOers do not suffer from it. The internet porn drug causes that feeling. At the same time, as you go through life, PMO not only destroys your nerves but keeps building a powerful neural ‘water slide’, DeltaFosB, progressively destroying your ability to say no.

By the time the PMOer reaches the stage at which it has killed his virility, he believes the PMO is his new girlfriend and cannot face life without it. Get it clear in your head that Internet porn is not relieving your nerves; it is slowly but steadily destroying them. One of the great gains of breaking

the ‘habit’ is the return of your natural confidence and self-assurance.

There is no need to self-rate based on your ability to get hard or to satisfy a woman. However, you do ‘know’ deep inside that this is slavery. It is not freedom. And that freedom cannot be achieved by continuing to ‘grease’ - repeating the same behaviour and energizing the ‘water slide’ neural pathways of your brain in ways that undercut your happiness in general and not to mention your libido.

03-10-Boredom

As soon as you get into your bed - and if you are like many people you are already on your favorite tube site - you will probably have already forgotten about it until I reminded you. It has become second nature. Another fallacy about PMOing is that it relieves boredom. Boredom is a frame of mind. The only time that happens is when you have been deprived for a long time or are trying to cut down, or during those first few PMO sessions after a failed attempt to stop.

The true situation is this: when you are addicted to internet porn’s supranormal novelty and then you decide to abstain from internet porn, there is something missing. If you have something to occupy your mind that isn't stressful, you can go for long periods without being bothered by the absence of the drug. However, when you are bored there's nothing to take your mind off it, so you feed the monster. When you are indulging yourself (i.e. not trying to stop or cut down), even firing up your incognito browser becomes subconscious. The PMOer can perform this ritual automatically. If any PMOer tries to remember the session during the last week, he can only remember a small proportion of them - e.g. the very last one or after a long abstinence.

The truth is that PMOing tend to increase boredom indirectly because orgasms make you feel lethargic and instead of undertaking some energetic activity, PMOers tend to prefer lounge around, bored, relieving their withdrawal pangs. This is why countering the brainwashing is so important. Because it's a fact that PMOers tend to masturbate when they are bored and that we're wired to interpret PMO as interesting. It doesn't occur to us to question the fact how a two dimensional supranormal stimulus relieves boredom.

We've also been brainwashed into believing that sex - even a bad sex - aids relaxation. It is a fact that when under stress or sad, couples want to have sex. In the absence of discrimination between amative and propagative sex, the goal is set to achieve orgasms by hook or by crook. Next time you do this watch how you both want to get away from each other as soon as it’s over. It is obvious that if they had just decided to cuddle, speak, hug and touch each other and go to sleep without the mandatory orgasms, the couple would have felt relieved. Well, if in the process, they wanted to have the propagative part then by all means they can but that is a topic not meant to be discussed in this book.

03-11-Concentration

Sex and masturbation do not help concentration. That is just another illusion. When you are trying to concentrate, you automatically try to avoid distractions. So when a PMOer wants to concentrate he doesn't even have to think about it. He automatically PMOs, partially ending the craving, gets on with the matter in hand and has already forgotten that he just PMOed. Sex in general do not help concentration. After years of masturbation your brain changes affect abilities such as assessing, planning and impulse control. The PMOer is already suffering: that little monster wants his fix.

You are also stressed to provide novelty for the next PMO session as the same stuff will not generate enough dopamine and opioids. You have to “roam the internet streets” for novelty - all the while fighting the pull to cross the line towards shock. This creates more stress. After you orgasm, you feel unfulfilled as well.

Concentration is also affected adversely for another reason. Your dopamine receptors have already started to get reduced by building up natural tolerance to these large surges, reducing the benefit of the smaller dopamine boosts from natural de-stressors.

In fact, your concentration and inspiration will be greatly improved as this process is reversed. For some it will be the concentration aspect that prevents them from succeeding when using the willpower method. They could put up with the irritability and bad temper but when they really needed to concentrate on something difficult they have to have that porn fix. I can well remember the panic I felt when I discovered that the hotel has no internet connection and I had this huge presentation the day after.

The loss of concentration that PMOers suffer when they try to escape is not, in fact, due to your abstinence from sex, let alone PMO. When you are addicted to something, you have mental blocks. When you have such a block, what do you do? You fire up the browser. That doesn't cure the mental block, so then what do you do? You do what you have to do: you get on with it, just as non-PMOers do.

When you are a PMOer nothing gets blamed on the cause. PMOers never have EDs; they just have an occasional down time. The moment you stop using, everything that goes wrong in your life is blamed on the fact that you've stopped. Now when you have a mental block, instead of just getting on with it, you start to say, “if only I could check out my favourites now, it would solve my problem.” You then start to question your decision to quit and escape from this slavery.

If you believe that PMOing is a genuine aid to concentration, worrying about it will guarantee that you won't be able to concentrate. It's the doubting, not the physical withdrawal pangs, that causes the problem. Always remember: it is PMOer who suffers pangs and not non-PMOers. When I quit I went overnight from using everyday to zero without any apparent loss of concentration.

03-12-Relaxation

Most PMOers think that PMO helps to relax them. The truth is that internet porn used in PMO acts like a chemical stimulant. The frantic search to get the fix in those “dark alleys of the internet” and the internal struggle to reign in the dog straining at its leash for more shocking clips does not sound much like an activity of relaxation to me.

One of the favourite PMO sessions for most is the one after a trip to a new place or after along day. As the night rolls in we stop working; we sit down and relax, relieve our hunger and thirst and are then completely satisfied. However, the poor PMOer cannot relax, as he has another hunger to satisfy. He thinks of the PMO as the icing on the cake but it is the 'little monster' that needs feeding.

The truth is that the addict can never be completely relaxed and as you go through life it gets worse. The most stressed people on this planet aren't non-PMOers but those young men and women who have a need to hunt (with the misunderstood goal of orgasm) and their ignorance of and/or low opinion of amative sex. Women who have subscribed to “I must orgasm” teachings are not even aware of the victim they have made of themselves. At this point any sex that leads to climax and orgasm cease to relieve even partially the symptoms that they have created.

I can remember when I was bringing up a family. If my child would do something wrong I would quickly lose my temper to an extent that was out of all proportion to what he had done.

My partner was “always frigid and not interested in sex.” Now I realize that if I had only tried the amative side of things then maybe I could have relieved myself of a great measure of stress at least - if not at me, I am sure she would have. One online comment...

“I really believed that I had an evil demon in my make-up. I now know that I had, however it wasn't some inherent flaw in my character but the little internet porn monster that was creating the problem. During those times I thought I had all the problems in the world but when I look back on my life I wonder where all the great stress was. In everything else in my life I was in control. The one thing that controlled me was this porn slavery. The sad thing is that even today I can't convince my children that it was the slavery that caused me to be so irritable.”

Every time I hear a porn addict trying to justify his addiction the message is, “Oh, it calms me. It helps me to relax.”

On the Internet I read about a single dad whose 6 year old son would want to share his bed sometimes in the night after a scary movie yet the dad would refuse under some pretence so he can have his PMO session and edge for hours.

Let me try a smoking analogy here... a couple of years ago, the adoption authorities threatened to prevent smokers from adopting children. A man rang up, irate. He said, “you are completely wrong. I can remember when I was a child, if I had a contentious matter to raise with my mother, I would wait until she lit a cigarette because she was more relaxed then.” Why couldn't he talk to his mother when she wasn't smoking a cigarette?

Why are PMOers so stressd when they are not getting their fix, even after a real sex with a real woman? I read about a guy who has 9's and 10's open for dating with him as he was in the advertising field. I am talking about dinner and stuff only - but he lost interest in those dinners as

his Internet porn is far more ‘easy’ for him - no restaurant spending and no hearing a ‘no’ from his date at the end of an evening. Why would he bother when his little monster tells him about the low-risk high-reward scheme called PMO that is at his fingertips when he reaches home? Those real girls sure have competition.

Why are non-PMOers completely relaxed then? Why are PMOers not able to relax without a fix for a day or two? If you read about the experience of a PMOer taking the abstinence oath and quitting and you notice his struggle with the temptations. You can clearly see that they are not relaxed at all when they are not allowed to have the ‘only pleasure’ they are “entitled to enjoy.” They've forgotten what it feels like to be completely relaxed. That's one of the many joys you have to come. The whole business of PMOing can be likened to a fly being caught in a pitcher plant. To begin with, the fly is eating the nectar. At some imperceptible stage the plant begins to eat the fly.

Isn't it time you climbed out of that plant?

03-13-Social night PMOing

This is a misinformation that seems to make sense but then it does not. In order to have control of eating, will you eat at home before leaving to go to a restaurant or a party? This is what you are doing when you PMO before your social night. You will look tired and will not be up to your best. If you have dating jitters then work on it beforehand and then go with the flow even with some butterflies in your stomach. I like a bit of the anxiety in me to keep me going. Tiring yourself mentally and physically with an orgasm is not going to help you, unless of course you are going to see a prostitute. The goal is entirely different in that angle.

The widespread adoption of pick-up techniques has put pressure on guys to perform, to attract and to ‘score’. You can get knowledge but you should know how to use it. I can guarantee that 100% of the other guys hanging at that bar know exactly what you know. It comes down to the ‘how’ of how you use it when you get the chance. Even before that, there is one very critical thing about any knowledge pertaining to human interactions, that ‘knowledge’ should never force your actions. This is important.

I once masturbated and then poured wine to quiet the butterflies in my stomach before a date. I looked tired after just one hour into the date, the loud noise of the bar, dehydration, excessive self-consciousness (PUA teachings) etc. made my time unenjoyable. Somehow the girl and her friend liked it all. However, I do think it would have been better if I had gone without any props. I ended up being successful by claiming my 'goal(s)' - which I consider unfortunate and as random luck.

The PMO session I had before the date triggered a dopamine flooding and its withdrawal hit around the time I was with the date. I had to over-do my conversation to compensate the ineffective dopamine effects after that earlier orgasm. I am also sure that I was suffering from hypofrontality - where my impulses were failing my controls. That gushing moment, an extra decibel in the tone etc. would easily have given my nervousness to the girls - only if I was not protected by the loud noise in the bar. Why do you want to take chances?

PMO ceases to relieve the withdrawal pangs that it causes in the first place. That is also why heavy PMOers turn to alcohol or other drugs. But I digress. Social night PMOing is occasioned by two or more of our usual reasons for pleasure/prop seeking, e.g. social functions, parties, weddings, school exams, game night, even business meetings. These are examples of occasions that are both stressful and relaxing. This might at first appear to be a contradiction but it isn't. Any form of socializing can be stressful, even with friends, and at the same time you want to be enjoying yourself and be completely relaxed.

There are situations where multiple reasons are present at one and the same time. To illustrate I will quote driving as one of these. But driving always involves an element of stress. Your life is at stake. You are also having to concentrate. You may not be aware of the last two factors but the fact that they are subconscious doesn't mean they aren't there. And if you are stuck in a traffic jam or have a long motorway drive, you may also be bored and may have ‘promised’ yourself to a PMO after you reach home.

Another classic example is going on a first date. Especially when you know something about the date before hand like their profile from an online dating site. Your mind is throwing questions

back and forth. If she is a 10 and in that vicinity or if the date is from another race which is socially ‘perceived’ as a couple of levels above your race then it gets even noisier in your head. Then the surprise to meet the person in flesh, first the looks, then the voice, then the mannerisms. Expectations determine the level of interest you have for her from there on. If your enthusiasm starts to flag you will start to feel too relaxed but then you feel guilty for feeling too relaxed. The tug of war has started. I want sex or get me out of here ASAP - I know where to get it. That will lead you to the next stage of post-date PMOing.

Even if the date went fine and hours later you are at her door and which ever way it goes, you will not be satisfied if your goal is fully on the orgasm-seek. At other times, you drive home alone and all you want to do is to go to your online harem instead of patting yourself on the back for your efforts and enjoying yourself.

You can bet that this unfortunate guy is going to PMO after he reaches home. It is often after nights like these, when we wake to feel the uneasy emptiness, are often the special ones, the ones that we think we'll miss the most when we are contemplating stopping PMOing. We think that life will never be quite as enjoyable again. In fact, it is the same principle at work: these PMO sessions simply provide relief from withdrawal pangs and at certain times we have greater need to relieve them than at others. You had ended up ‘greasing’ the neural ‘waterslides’ in your brain and made it ready to slide again on the next cue.

Let us make it quite clear. It is not the internet porn and the harem dwellers that are special; it is the occasion. Once we have removed the need for the PMO, such occasions will become more enjoyable and the stressful situations less stressful. This will be explained in greater detail in the next chapter.

03-14- What am I Giving Up?

ABSOLUTELY NOTHING! The thing that makes it difficult for us to give up is fear. The fear that we are being deprived of our pleasure or prop. The fear that certain pleasant situations will never be quite the same again. The fear of being unable to cope with stressful situations. In other words, the effect of brainwashing is to delude us into believing that sex and by extension orgasm, is a must for all human beings. Or that there is something inherent in Internet porn that we need and that when we stop PMOing we will be self-denying ourselves and there will be a void.

Get it clear in your mind:

Internet porn

DOES NOT FILL A VOID.

IT CREATES ONE!

These bodies of ours are the most sophisticated objects on this planet. Whether you believe in a creator, a process of natural selection or a combination of both, whatever being or system devised these bodies of ours, it is a thousand times more effective than man! Man cannot create the smallest living cell, let alone the miracle of eyesight, reproduction, our circulatory system or our brains. We don't have our systems upgraded yet to properly assess the supranormal stimulus such as rich high density food or high speed internet novelty porn with multiple active windows.

If the creator or process had intended us to handle novelty triggering stimuli, we would have been provided with some other brain reward circuits. Our bodies are, in fact, provided with fail-safe warning devices and we ignore these at our peril. Excessive edging results in body pain, irritation, and inflammation. In women, excessive flooding of dopamine and stress enzymes such as prostaglandin-E2 can cause difficulty to orgasm and PME.

There Is Nothing To Give Up

The beautiful truth is - there is nothing to give up. Once you purge that little monster from your body and the brainwashing (the big monster) from your mind, you will neither want to masturbate often nor need internet porn for it. PMO destroys your sense of self-control. I don't think PMOers are self-destructive to continue even after knowing the ill-effects of internet porn. They clearly don't have suicidal tendencies. They don't enjoy this slavery themselves. Many of them do it in spite of the fact that they know it causes self-sabotage. You see there must be many unknowns and the medical community has no idea of even questioning and determining someone as an internet porn addict yet. So a lot of reported symptoms are wrongly tagged under other causes. It is not that PMOers are generally stupid people; it is just that they are miserable without the PMO. They are caught between the devil and the deep blue sea. They either have to abstain and be miserable because they cannot PMO or be miserable because they are destroying themselves through PMO and feel guilty and despise themselves for it. When they feel that lower back pain or get PIED, their minds are torn between accepting responsibility and looking the other way.

The problem I have is to make a convincing point as I'd have done for, let us say… smokers? All of us have seen smokers who develop excuses to sneak off for a crafty puff. It is easy to see the

true addiction in action. Addicts do not do it because they enjoy it. They do it because they are miserable without it.

Because many of us started out our first sexual experience that ended in an orgasm and we acquired the belief that we cannot enjoy sex without an orgasm. And for men, porn is sold as an aid towards sex, sometimes even as an education to be confident during the act of sex. It used to be static, but now we have supranormal internet porn. But this is nonsense. Internet porn takes away your confidence.

Women And Porn

The greatest evidence of the fear that porn instils is in its effect on women. Practically all women are fastidious about their personal appearance. They wouldn't dream of appearing at a social function not immaculately turned out and smelling beautiful. So why would they fall for internet porn ? The traps were set as either a control trap (I can give up when I want) or an educational trap, or a freedom trap (I am entitled). Feminism has freed women from all the bad patriarchal rules of the past but they still need to be aware of supranormal stimulus such as internet porn.

Porn and internet porn does not help your sex life; it destroys it totally. Having to hide your internet footprints, trying to delete your history, fearing accidental exposure to your boyfriend or kids, body pains, doubtful symptoms, fighting self doubts, arguing with yourself about your responsibilities in the ill effects of your addiction... well, why do you want to put yourself in such a bad situation?

Not only is there nothing to give up but there are marvellous positive gains to be had. When PMOers contemplate quitting they tend to concentrate on health and virility. These are obviously valid and important issues but I personally believe the greatest gains from stopping are psychological:

1. The return of your confidence and courage.
2. Freedom from the slavery.
3. Not to have to go through life suffering the awful black shadows at the back of your mind, knowing you are being despised by half of the population and, worst of all, despising yourself.

Not only is life better as a non-PMOer but it is infinitely more enjoyable. I do not only mean you will be healthier. I mean you will be happier and enjoy life far more. The marvellous gains from being a non-PMOer are discussed in the next few chapters. Some PMOers find it difficult to appreciate the concept of the 'void' and the following analogy may assist you.

Void, the Void, the Beautiful Void!

Imagine having a cold sore on your face. I've got this marvellous ointment. I say to you, “try this stuff.” You rub the ointment on and the sore disappears immediately. A week later it reappears. You ask, “do you have any more of that ointment?” I say, “sure, keep the tube. You might need it again.” You apply the ointment once again. Hey presto, the sore disappears again. But every time the sore returns, it gets larger and more painful and the interval gets shorter and shorter. Eventually

the sore covers your whole face and is excruciatingly painful. It is now returning every half hour. You know that the ointment will remove it temporarily, but you are very worried. Will the sore eventually spread over your whole body? Will the interval disappear completely? You go to your doctor. He can't cure it. You try other things but nothing helps except this magical ointment.

By now you are completely dependent on the ointment. You never go out without ensuring that you have a tube of the ointment with you. If you go abroad, you make sure that you take several tubes with you. Now, in addition to your worries about your health, I'm charging you $100 per tube. You have no choice but to pay.

You then read in the medical column of your newspaper that this isn't happening just to you; many other people have been suffering from the same problem. In fact, pharmacists have discovered that the ointment doesn't actually cure the sore. All that it does is to take the sore beneath the surface of the skin. It is the ointment that has caused the sore to grow. All you have to do to get rid of the sore is to stop using the ointment. The sore will eventually disappear in due course.

Would you continue to use the ointment? Would it take willpower not to use the ointment? If you didn't believe the medical article, there might be a few days of apprehension, but once you realized that the sore was beginning to get better, the need or desire to use the ointment would go, Would you be miserable? Of course you wouldn't. You had an awful problem which you thought was insoluble. Now you've found the solution. Even if it took a year for that sore to disappear completely, each day, as it improved, you'd think. “isn't it marvellous? I'm not going to die!” This was the magic that happened to me on my final PMO day. Let me make one point quite clear in the analogy of the sore and the ointment.

The sore isn't lung cancer, or arterial sclerosis, or emphysema, or angina, or chronic asthma, or bronchitis, or coronary heart disease. They are all in addition to the sore. It isn't the body pains, lack of normal lust, flagging arousal, fading penetration, the wasted time spent on lifeless two dimensional images, the times when we felt infringed of our entitlement because we are not allowed to PMO. It isn't the lifetime of being despised by other people who caught you or, worst of all, despising yourself. These are all in addition to the sore.

The sore is what makes us close our minds to all these things. It's that panic feeling of, “I want a fix.” Non-PMOers don't suffer from that feeling. The worst thing we ever suffer from is fear, and the greatest gain you will receive is to be rid of that fear. It was as if a great mist had suddenly lifted from my mind. I could see so clearly that that panic feeling of wanting a porn fix wasn't some sort of weakness in me or some magic quality of internet porn. It was caused by the first PMO session; and each subsequent one - far from relieving the feeling, it was actually causing it.

At the same time I could see all these other “happy” PMOers - the ones who are blinded by their cunning little porn monsters - were going through the same nightmare that I was. Not as bad as mine yet all putting up phony arguments to try to justify their stupidity.

IT'S SO NICE TO BE FREE!

03-15- Self-Imposed Slavery

Usually when PMOers try to stop the main reasons given are health, religion and partner stigma. Part of the brainwashing of this awful drug is the sheer slavery. Man fought hard in the last century to abolish slavery and yet the PMOer spends his life suffering self-imposed slavery. He seems to be oblivious to the fact that when he is allowed to PMO he wishes that he were a non-PMOer. With most of the masturbation we do in our lives, not only do we not enjoy them but we aren't even aware that we are masturbating. It is only after a period of abstinence that we actually suffer the delusion of enjoying PMO (e.g. the first day after a 4 day abstinence with the intent of rebooting etc.). The only time that the porn becomes precious is when we are 'trying' to cut down or abstain or when abstinence is forced on us (e.g. when on a business trips, holiday trips to locations where the Internet is not available and so on).

The confirmed PMOer should bear in mind that more studies and even more people are coming out and talking about the ill effects of internet porn. This trend will get “worse and worse.” Today, it is non-medical people talking. Tomorrow, it will be in your doctor’s list of diagnostic tests to perform. Gone are the days when the PMOer can hide behind “just a bit of downtime due to work stress” in his or her sex life. Your partner is going to ask you why you are on your laptop at this time too late into the night. The poor PMOer, who was already feeling wretched, wants the ground to open up and swallow him.

I remember every time my partner stayed up late it was an ordeal waiting to open up my laptop. When on business trips the dinner with the clients and colleagues dragged on or was I just going through the natural ups and downs in human interactions? What was I doing? I was thinking, “let's get on with it, so that I can get over with this and go to my room for some porn.”

I have thought many times, “am I not lucky? I have got my little reward. The poor non-PMOer with no internet access somewhere in an Amish village hasn't got a reward.” The 'poor' non-PMOer doesn't need a reward. We were not designed to go through life systematically flooding our brains with dopamine and opioids. The pathetic thing is that even when masturbating with internet porn the PMOer doesn't achieve those feelings of peace, confidence and tranquillity that the non-PMOer has experienced for the whole of his non-PMO life. The non-PMOer isn't sitting in the family room, feeling agitated and wishing his life away. He can enjoy the whole of his life.

No, this wasn't a fourteen-year-old schoolboy but a forty-year-old professional. How pathetic. I wouldn't admit to myself that I wasn't enjoying it. I was looking for the right clip and/or pictures to reach orgasm or better, edge forever. I don't know what I am supposed to be 'watching' sometimes. That is the confusing part. The 'edging' and then the orgasm floods my brain. Yet this was supposed to be my way of relaxing and enjoying my “favourite hobby.”

To me, one of the tremendous joys of being a non-PMOer is to be freed from that slavery. To be able to enjoy the whole of my life and not spend half of it craving for more and more internet porn and then, when I get to fire up my browser, wishing I didn't have to do it. PMOers should bear in mind that when they see or meet non-PMOers, it is not the self-righteous non-PMOer who is depriving them but their very own “little monster.”

03-16- I'll Save X Hours A Week

I cannot repeat too often that it is brainwashing that makes it difficult to stop PMOing. So, the more brainwashing we can dispel before we start, the easier you will find it to achieve your goal. Occasionally I get into arguments with people whom I call “confirmed PMOers.” By my definition a confirmed PMOer is somebody who doesn't believe PMO has any negative effect on his health (PME, PIED and hypofrontality etc.) and is not having a mental tug of war. Most times he’d be a younger guy or a single but with an occasional sex partner. Thus the internal feedback is lost due to the nature of their youth and or it is too infrequent to be observed and registered.

If he is a young man, I’d rather say to him, “I cannot believe you are not worried about the time you are spending.” Usually his eyes light up. If I had attacked him instead on health grounds or on the social stigma, he would feel at a disadvantage which will trigger resistance from him. But on time…

“Oh, I can afford it. It is only x hours per week and I think it is worth it. It is my only vice or pleasure.”

“I still cannot believe you are not worried about the time spent. Say at a minimum half an hour a day on an average including the physical ‘drain’ time of dopamine withdrawals, you are spending approximately one full working day of 8 hours every fortnight. Half an hour a day is a very conservative estimate you would agree. And in a year that will add up to a working month. Have you thought about how much time you are going to spend in your lifetime? What are you doing with that time? You are not even developing real relationships? No, your favourite porn star does not have sympathy for you just because you spent that much time on her site - you are throwing it away! Not only that, you are actually using that time to ruin your physical health, to destroy your nerves and confidence, to suffer a lifetime of slavery, pain, stress, melancholy and peevishness. Surely that must worry you?”

It is apparent at this point, particularly with younger PMOers, that they have never considered it a lifetime habit. Occasionally they work out the time they waste in a week and that is alarming. Very occasionally (and only when they think about stopping) they estimate what they spend in a year and that is frightening but over a lifetime it is unthinkable. However, because now we are in an argument, the confirmed PMOer will impulsively say, “I can afford it. It is only so much a week.” He pulls an “encyclopedia salesman” routine on himself.

Will you refuse a job offer which pays you your current annual salary and also gives you a month off every year? Any PMOer would sign up for this job offer in a heartbeat and would get busy finding vacation deals to exotic places. Figuring out how to spend one full month with no work would be the biggest problem that he now has to solve.

In every discussion with a confirmed PMOer - and please bear in mind I am not now talking to someone like yourself who plans to stop, I am talking to someone who has no intention of stopping - nobody has ever taken me up on that offer. Why not?

Often at this point in my consultation, a confirmed PMOer will say, “look, I am not really worried about the money aspect.” If you are thinking along these lines, ask yourself why you are

not worried. Why in other aspects of your life will you go to a great deal of trouble to save a few dollars here and there but yet spend thousands of dollars killing your happiness and hang the expense?

The answer to these questions is this: every other decision that you make in your life will be the result of an analytical process of weighing up the pros and cons and arriving at a rational answer. It may be the wrong answer but at least it will be the result of rational deduction. Whenever any PMOer weighs up the pros and cons of using internet porn, the answer is a dozen times over: “STOP PMOing! YOU ARE A MUG!” Therefore all PMOers are using not because they want to or because they decided to but because they think they cannot stop. They have to and need to brainwash themselves. They have to and need to keep their heads in the sand.

The strange thing is many men would pay good money for gym and personal trainers to build their muscles and look sculpted. Other treatments such as boosting testosterone with dubious and sometimes dangerous effects are tried out by many men in their real (and imaginary) desperation. Yet, there are many men in that group who would save money and risks by stopping a practice that systematically not only destroys their manhood but also affects their brain’s natural relaxation system.

This is because they are still thinking with the brainwashed mind of the PMOer. Just take the sand out of your eyes for a moment. Internet porn is a chain reaction and a chain for life. If you do not break that chain, you will remain a user for the rest of your life. Now estimate how much time you think you will spend on PMOing for the rest of your life. The amount will obviously vary with each individual but for the purpose of this exercise let us assume it is a year and half of work hours. You will shortly be making the decision to use your final session (not yet, please - remember the initial instructions). All you have to do to remain a non-PMOer is NOT to fall for the trap again. That is, do not PMO and consciously avoid having “just a peek.” If you do, that one peek will cost you a year and half of your work life. If you think this is a trick way of looking at it, you are still kidding yourself. Just work out how much time you would have saved if you had not taken your very first ‘peek’ right at the start.

If you see the argument as factual, ask yourself how you would feel if there were a cheque from your state’s lotto for a year and half worth of your current salary lying on your carpet tomorrow? You'd be dancing with delight! So start dancing! You are about to start receiving that bonus and that's just one of the several fantastic gains you are about to receive.

During the withdrawal period you may be tempted to have just one final ‘look’. It will help you to resist the temptation if you remind yourself it will cost you one year’s worth of your peak annual salary (or whatever your estimate is)! I could be making that offer on television and radio programmes yet I bet no-one will take it.

If you are mentoring someone online for his PMO addiction tell him that he knows someone who has refused a job offer that pays his current annual salary and also gives him a full month’s of PTO. When he ask who that idiot is, tell him, “you!” I know it's rude but you may sometimes need to get your point across in a less-than-polite way.

03-17-Health

This is the area where the brainwashing is the greatest. PMOers, especially the young and single, think they are aware of the health risks. They are not. Even in my case, when I was expecting my head to explode any moment and honestly believed I was prepared to accept the consequences, I was still kidding myself. I didn't in those days have an app that started a red beeper to flash and sound every time my internet router hits a porn site, followed by a warning voice saying, “OK, this is the one!” Fortunately you do get a warning, and this is it. That warning would say, “Up to now you have got away with it but if you stay another minute your head will explode,” do you think I would have PMOed ?

If you are in doubt about the answer just try walking up to a cliff, stand on the edge with your eyes closed and imagine you then have the choice of either quitting PMO or walking up blindfolded before your next PMO.

There is no doubt what your choice would be. I had been doing what every internet porn PMOer does all his life: closing my mind and keeping my head in the sand, hoping that I would wake up one morning and just not want to PMO any more. PMOers cannot allow themselves to think of the health risks. If they do, even the illusion of enjoying the 'habit' goes.

This explains why a shock treatment is so ineffective in the first stages of quitting. It is only non-users who can bring themselves to read the destructive brain changes. It also explains why PMOers, influenced by their little monster, wrongly recall that filthy room mate who PMOed everyday and was still remaining ‘horny’ 24 hours a day – they will ignore the thousands of people who are brought “down” in their prime because of this poisonous ‘habit’.

About six times a week I have the following conversation with PMOers (usually the younger ones):

ME: Why do you want to stop?

PMOer: I read in a PUA guru’s blog that it is good to stop for 4 days to amp myself up.

ME: Aren't you worried about the health risks?

PMOer:No, I could step under a bus tomorrow.

ME: But would you deliberately step under a bus?

PMOer:Of course not.

ME: Do you not bother to look left and right when you cross the road?

PMOer: Of course I do.

Exactly. He/she goes through a lot of trouble not to step under a bus and the odds are hundreds of thousands to one against it happening. Yet the PMOer risks the near certainty of being crippled by this ‘habit’ and appears to be completely oblivious to the risks. Such is the power of the brainwashing. The greatest trick the Devil ever pulled was convincing the world he didn't exist. Especially when you are younger or single. So is internet porn - it is the wolf in sheep’s clothing.

I remember a friend of mine who would not drink or smoke. Yet he would argue with me that internet porn is not different than older safe porn and that it is fun. Isn't it strange that if, for example, we felt there was the slightest fault in an airplane, we wouldn't go up in it, even though the risks are millions to one against death. Yet we take more than a one-in-four certainty with internet porn with its PMO addiction and are apparently oblivious to it. And what does the PMOer get out of it? *ABSOLUTELY NOTHING!*

Another common myth about PMO is the depression or peevishness. Many of the younger people are not worried about their health because they do not suffer any of the depression or melancholy. The depression or stress itself is not a disease; it is just a symptom. Younger people in general don't feel the irritability or depression created because of their body's natural capability to produce more dopamine and also the vigour and cheerfulness of their youthful activities masks those depleting reservoirs. As they age or if their lives experience serious setbacks the depleted resources are overworked and then they will experience full blown symptoms.

When non-younger PMOers feel stressed, depressed or irritated it is because of the normal dopamine levels are not being effective and or due to excessive 'flooding' and its reactionary cutting down of the receptors. It is a reactionary step brain takes to protect its nervous systems from excessive dopamine 'flooding' as the dopamine receptors close up. It is one of nature's fail-safe methods. They also develop other neural changes that will keep them in the rut.

Just think of it this way. If you had a nice car and allowed it to rust without doing anything about it that would be pretty stupid, as it would soon become a heap of rust and not be able to carry you anywhere. However, that would not be the end of the world; it is only a question of money and you could always buy a new car. But your body is the vehicle that carries you through life. We all say that our health is our most valued asset. How true that is, as sick millionaires will tell you. Most of us can look back at some illness or accident in our lives when we prayed to get better. (HOW SOON WE FORGET). By being a PMOer, you are not only letting the rust get in and doing nothing about it; you are systematically destroying the vehicle you need to go through life and you only get one.

Wise up. You don't have to do it and remember: it is doing ABSOLUTELY NOTHING FOR YOU. Just for a moment take your head out of the sand and ask yourself; if you knew for certain that the next PMO session would be the one to trigger off a process in your body that will make your penis fall away like a hair strand, would you then actually go ahead and do it? Forget the 'disease' idea (it is difficult to imagine it) but just imagine you are on your bed, with your partner and your penis is not responding. Or if you are a woman, you are not feeling in any way responsive with someone you deeply love? Now you are not in the beginning of a happy endeavour but instead a tug of war in your mind and in your partner's mind too. "Is it my PMO or is it just stress? Can I spot who the culprit is 100%? Or for her, is it me? Am I not sexy enough for him? Or worse, am I losing my 'appetite' too soon due to ageing?" What do you think is going to happen?

I often speak to the people that it happens to. They didn't think it would happen to them either and the worst thing about it isn't the disease itself but the knowledge they have brought it on themselves. For a very long time as PMOers and abusers we are saying, "I'll stop tomorrow." Try to

imagine how those people feel who “hit the button.” For them the brainwashing is ended. They then see the 'habit' as it really is and spend the remainder of their lives thinking, “Why did I kid myself I needed to masturbate to internet porn? If only I had the chance to go back!”

Stop kidding yourself. You have the chance. It's a chain reaction. If you engage in the next PMO session, it will lead you to the next one and the next. It's already happening to you. At the beginning of the book I promised you no shock treatment. If you have already decided you are going to stop, this isn't shock treatment for you. If you are still in doubt, skip the remainder of this chapter and come back to it when you have read the rest of the book.

Volumes of researches and studies have already been written about the damage that internet porn causes to our sex lives and to our mental well-being. The trouble is that until the PMOer decides to stop he doesn't want to know. Even the forums and mentor groups are a waste of time because the PMOer puts the blinkers on. If he inadvertently reads it, the first thing he does is to open an incognito tab and visit his favourite tube site. PMOers tend to think of the happiness, stress and sex hazards as a hit-and-miss affair, like stepping on a land mine.

Get it into your head: it is already happening. *Every single time* you browse to your tube site you are triggering dopamine flooding and the opioids get to work - the neural pathway water slides get greased and the ride takes you smoothly through the next steps that you have already given to the script. The nervous system is now flooded by dopamine and since it is its umpteenth time, it is going to let some of your dopamine receptors to close up. The ‘little monster’ in you is using this slight dip in the pleasure compared to the last time to encourage you to “cross the red line” towards more shocking porn or behaviour in order to release more dopamine. In the process just hit on the ‘novelty’ button that triggers dopamine again. “Let’s keep going,” says the little monster, because you deserve it and you are entitled to this. Now the streaming of so many pictures and videos on a single tab... that triggers another button called ‘supernormal’ stimulus, injecting more amines.

All this time your receptors are receiving infomation to shut down inversely proportional to the flooding. Then you get to the orgasm stage. More dopamine, more shutting down of receptors. After this comes the withdrawal, Oh and since you are an ex-PMOer go get one. And why not pour a glass from the fridge of that leftover whiskey? Internet porn kills your sex life and thus it kills your private and public lives as well. If you are not aware of the addiction process or even if you are, you are in denial since the “little monster” craves for its fix because there was no real pain and you could handle the discomfort.

I confess that the thought of having ED terrified me, which is probably why I just blocked it from my mind. It's amazing how the fear of the horrendous health risks attached to PMOing are overshadowed by the fear of stopping. It's not so much that the latter is a greater fear, but that if we quit today the fear is immediate, whereas the fear of getting ED, PE and OCD related mental illnesses are a fear of the future. Why look on the black side? Perhaps it won't happen. I'm bound to have quit by then anyway.

We tend to think of PMOing as a tug-of-war. On one side is fear: it's unhealthy, filthy and enslaving. On the other side the pluses: it's my pleasure, my friend, my crutch. It never seems to occur to us that this side is also fear. It's not so much that we enjoy them but that we tend to be miserable without them.

Think of heroin addicts deprived of their heroin: the abject misery they go through. Now picture their utter joy when they are allowed to plunge a needle into their veins and end that terrible craving. Try to imagine how anyone could actually believe they get pleasure from sticking a hypodermic syringe into a vein. Non-heroin addicts don't suffer that panic feeling. Heroin doesn't relieve the feeling, on the contrary, it causes it.

Non-PMOers (those who don't 'need' or have access to internet porn) don't feel miserable if they are not allowed to PMO. It's only PMOers that suffer that feeling. Internet porn doesn't relieve it, on the contrary it causes it. The fear of ED or PE didn't make me quit because I believed it was rather like walking through a minefield. If you got away with it - fine. If you were unlucky you stepped on a mine.

You knew the risks you were taking and if you were prepared to take the risk, what had it to do with anyone else? So if a non-PMOer ever tried to make me aware of those risks, I would use the typical evasive tactics that all addicts invariably adopt. They are….

- *"You will eventually get old and lose your sexual prowess anyway..."*

Of course you do but sexual prowess is not even the point, we are talking slavery here. Even if that is the case, is that a logical reason for deliberately cutting yourself short?

- *"Quality of life is more important than just living."*

Exactly but you are surely not suggesting that the quality of life of an addict is greater than that of someone that isn't addicted? Do you really believe that the quality of a PMOer's life is better than a non-PMOer? Surely the PMOer loses on both counts his life is spent in trying to cover his head in the sand and being miserable.

- *"I am single and am not planning to 'settle down' in the near future so why not?"*

Even if that were true, is that a logical reason for playing with the brain structure dealing with impulse control that is needed in other areas of life? Can you possibly conceive of anyone being stupid enough to strip naked wherever one is going to be alone? No matter how sure you are that you are not expecting anyone in your life? THAT'S WHAT PMOers EFFECTIVELY DO!

I can understand why the ED and the risks of ruining one's mental health didn't help me to quit. I could cope with the former and block my mind to the latter. As you are already aware, my method is not to frighten you into quitting but the complete opposite - to make you realize just how more enjoyable your life will be when you have escaped.

However, I do believe that if I could have seen what was happening inside my brain, this would have helped me to quit. Now I'm not referring to the shock technique of showing a PMOer the effect of the hidden attribute of internet porn on the reward circuit of the brain. It was obvious to me from my unreliable arousals, fading penetrations, lack of energy, unemotional sex (as in just a muscle twitch), hit-seek escalations of porn search for novelty and shock that something is not going right. None of these are catastrophic for me as I have trained myself in cognitive behavioural techniques as discussed before but I did experience them quite often enough. Practising CBT/REBT gave me enough grounding and stability to look at my addiction in a different and better way than I'd have if I were not aware of the cognitive biases. Provided I kept functioning, even at a mediocre

level, they were less of an embarrassment than a lost tooth - at least nobody could see my mind.

What I am referring to is the progressive gunging-up of our reward circuits with excessive stimulation, making them incapable of handling the normal stresses of life. Closing up of dopamine and opioids receptors does not help me in enjoying my life with enough vigour. Porn and masturbation has replaced the natural sexual appetite, like a candy bar replacing real food. The brain has no idea to differentiate one from the other. I don't like the thought of a virus in my smart phone or my laptop. Could you imagine buying the latest one of these gadgets and letting a virus to run every line of the software code but repeat it thrice ? That's what we effectively do to our bodies when we become PMOers.

Many researchers and doctors are now relating various mental health problems in addition to the physiological ones caused by internet porn and PMO in general. This is no surprise to me. The mainstream medical world has laboured that PMO has never been scientifically proven to be the direct cause of the issues reported by self-confessing individuals. Admitting one's sexual inability in public is such a shame triggering event, why would anyone do that unless they are really concerned? And probably many have found the cause and have eliminated it. This book is going to help you to get rid of it and also become a happy ex PMOer. No porn whatsoever, no porn aided masturbation. And of course no unnecessary orgasms. The only aid will be the touch, smell and voice of your partner. Like whole wheat bread after a well developed appetite, you will produce enough juices to break down the hard bread and it comes as a beautiful refreshment. No high fructose corn syrup injected fake food. The evidence is so overwhelming as not to need proof. No one ever scientifically proved to me exactly why, when I bang my thumb with a hammer, it hurts. I soon got the message.

I must emphasize that I am not a doctor but just like the hammer and the thumb, it soon became obvious to me that the periods of my life outside of sex that were marked by low levels of irritation tolerance, lack of energy, temper, moody thoughts, zoning out of social scenes etc. were directly related to my masturbation and especially the supernormal stimulus of IP*. However, I truly believe that the greatest hazard that IP causes to our health is the gradual and progressive deterioration of our sex life caused by super-substitutes. The novelty, shock, variety in size and nature of internet porn can slowly take away the magic of the real sex. Worse, the RC reward circuits are flooding unnaturally and at high abnormal levels so that they close up the receptors and also diminish any potency and effectiveness of normal de-stressors that work in the RC. This predisposes one to be depressed and become needy to lot more other 'crutches' of life such as cigarettes and alcohol or even causing the host to think of committing suicide. Even the real vagina will not be a match for the death grip of masturbation - and the little monster is kept alive.

** IP - internet porn*

** RC - reward circuits in the brain that involves dopamine/ opioids, receptors, proteins etc.*

Our lives are 'blessed' with challenges – yes, 'blessed'- they are needed to keep us strong and make us better. If our nervous systems is pre-disposed to making a molehill out of a mountain it will seek a 'fix. When it seeks a hit or a mountain out of a molehill when it interfaces with reality then is it worth it? Our body and our brain is designed to make use of optimal levels of these brain chemicals. I don't think a man who fails in satisfying a woman should consider himself worthless.

You will do well accepting yourself unconditionally and as an extension others and of life in general as well. It needs practice - but you won't practice unless your brain rewards you. External rewards are iffy and most of the time are not forthcoming. If your internal brain chemicals and the reward circuits are humming even a little external reward will go a long way and the lack of external approvals won't even matter at all. If you want to you can be the king of your life. Think about this as one of your greatest benefits

Several of the adverse effects that PMO had on my health, some of which I had been suffering from for years, did not become apparent to me until many years after I had stopped. The good news I have for you is this - all of this is reversible. You are the jailer and you are also going to set yourself - the prisoner - free!

It didn't even occur to me that I was already suffering from ED and PE* myself. Upon my first observation of the damage I quickly attributed it, with the help of my little monster, to (a) the occasional opposition to foreplay by my partner, (b) to the ‘less-than-ideal’ partner (my brain ‘tolerance’ is so high that even if I were with the most sexy one imaginable it’d still be not enough), (c) some silly grudge about my past stopping me to ‘prepare’ us to mood setting or (d) my boss, customer etc. etc.

** PE premature ejaculation*

When it happened again my little monster brain gave me a BS mix of the above combo which I don’t even want to waste your time with. It never occurred to me that none of these would have stopped me before? So, I decided that I need ‘stamina practice’ since I figured that a toy which comes close to real vagina will ‘train’ me in getting hard and to avoid PE. I later came to read about PE being the result of poor training of the reward circuits. If one’s goal is orgasm then getting hard is not a requirement with masturbation. That being avoided enough times sets up waterslides in your brain and you grease it real nice every time to ride the slide. You can dispute this but I am going to take the Pascal’s Wager and quit - I lose very little, gain big and avoid losing big.

When you don’t get hard or have unreliable erections, it’s a signal that your mind wants it more than your body - most times. Also of note is my peevishness and melancholy (anger/irritability and moodiness/depression). I told myself that I am a negatively oriented Virgo. While many Virgos are predisposed to think and act ‘negatively’ I failed to notice that actually I am a pretty optimistic guy.

In fact, the many times I had not gone along for the porn water slide ride, due to external events, even though I had wanted to, I noticed that I did not get affected big time - remember again Pascal’s Wager. But looking back at my life, I have to say that I have been an achiever, in spite of the self-sabotage of PMO and its constant drag. That must be due to the training of tempering my pre-disposition and keeping the negatives to toned down healthy negatives of disappointment, sorrow, concern, annoyance, sadness, regret, frustration, caution, vigilance, irritation etc. I am sure that I am an optimistic and positive guy, how else could I explain that I kept going in spite of my tripping myself with PMO?

I have been in the stock market and have advised my friends and colleagues. I would show my hands - in real investments and trades. Most of the macho guys would not bring themselves to pull the trigger at those times when I did with no fears but of course with due vigilance and caution.

I know a person close to me who would masturbate every day at least once. He had no access to porn and was using static magazines and his own imagination. Now, looking back I wonder if this person lost his life's joy to PMO. He would always be quick to anger and his irritation trigger levels are always very low. Any day-to-day stress will tick him off. He had a secure government job that demanded little from him and so he was lucky to survive until his retirement. Lucky? Maybe not. Anyway, I am sure his RC* had long sent shutdown signals to his receptors and his dopamine and opioids have much diminished effectiveness.

You might conclude that I am something of a hypochondriac. I believe that I was when I was a PMOer. One of the great evils about addictions such as these is that it fools us into believing that the cigarettes, alcohol, PMO etc. give us courage, when in fact it gradually and imperceptibly dissipates it. I was shocked when I read about a confessor who felt suicidal at 19 due to PMO. Little did I realize that twenty years later I would have exactly the same lack of *joie de vivre*. You might conclude that this chapter has been one of necessary, or unnecessary, doom and gloom. I promise you it is the complete opposite. I used to fear death when I was a child. A bit later I used to believe that smoking, drinking and porn removed that fear. Perhaps it did. If so, it replaced it with something infinitely worse: A FEAR OF LIVING!

Now my fear of dying has returned. Yet it does not bother me. I realize that it only exists because I now enjoy life so much. I don't brood over my fear of dying any more than I did when I was a child. I'm far too busy living my life to the full. The odds are against my living to a hundred, but I'll try to. I'll also try to enjoy every precious moment!

There were two other advantages on the health side that never occurred to me until I had stopped PMOing. One was that I now wake up refreshed in the morning. The subtle well-rested feeling is something sort of what you'd experience after a fever had left you. I get that almost every day but of course some nights are not going to be perfect. I had accepted that there is nothing outside of us that we need to enjoy or cope in our lives.

The other was the acceptance of the Void in our lives. Those insecure feelings. The emptiness. From what I learned - that is after removing PMO from my life, I could see that these three are present in everyone's lives. Yes, that includes the playboys and the PUA macs as well. I think they are like the nights that serve to enhance our days. Yes, it is a well known 'insight'. But then I know of many insights which have never translated to any value to my life. After I quit, it all fell into place. Look, I am not a saint or a guru. But I am not panicking and seeking substitutes when I feel the void, or insecurity or emptiness. There are no outside things that will be a pleasure or crutch.

Here is a thought experiment for you... let's say a woman comes to you and says she doesn't necessarily want an orgasm but however, she very much wants to make love. Even penetrative. And she wants to do it for as long and as far as you can go without an orgasm but if it happens then its fine. I assure you of a great new experience, far better than anything in your life if you even get that offer. Try it.

PMOers also suffer the illusion that the ill-effects of internet porn and PMO are overstated. The reverse is the case. There is no doubt that internet porn is the major cause of PIED and other problems. The trouble is that in many cases where PMO causes the ED or is a contributory factor, it is not blamed on PMO in the statistics. It has been estimated that more than 25 per cent of men

experience ED or PE and yet I wonder how many divorces have been caused by PMO? There are no reliable ways to know the number of Internet Porn users within the study group. The studies usually mix up traditional and internet porn users and has no way to account for the starting age of the participants, years of use, duration and frequency of usage. There is no way to conduct blind or double blind methods either.

I was a ‘safe’ user of internet porn - if there is anything ‘safe’ about it. However I noticed that I invariably projected porn fantasies on real life women. Like the episode in *Friends* where the guys, who were receiving continuous free porn on TV, started to wonder to each other why the pizza delivery girl didn’t ask to check out their ‘big bedroom’. Imagine what ‘careless’ or even ‘accidental’ porn exposure on the darker sides the internet would do to someone who is already at a tipping point in his or her life? Fighting against these ‘porn induce thoughts’, PIT, is going to be a major drain on his or her mental health.

The effect of the brainwashing is that we tend to think like the man who, having fallen off a 100-storey building, is heard to say, as he passes the fiftieth floor, “So far, so good!” We think that as we have got away with it so far, one more PMO session won't make the difference. Try to see it another way, the 'habit' is a continuous chain for life, each session creating the need for the next. When you start the habit you light a fuse. The trouble is, YOU DON'T KNOW HOW LONG THE FUSE IS. Every time that you give up to a PMO session you are one step nearer to the bomb exploding. HOW WILL YOU KNOW IF IT'S THE NEXT ONE?

** PIT - porn induced thoughts, porn themes crossing over to normal interactions*

03-18-Energy

Most PMOers are aware of the effect that this progressive process of PMO, leading to novelty and escalation seeking, has on their brain’s reward circuits and their sexual system. However, they are not so aware of the effect it has on their energy level.

One of the subtleties of the PMO trap is that the effects it has on us, both physical and mental, happen so gradually and imperceptibly that we are not aware of them and regard them as normal. It is very similar to the effects of bad eating habits. The pot-belly appears so gradually that it causes us no alarm. We look at people who are grossly overweight and wonder how they could possibly have allowed themselves to reach that state.

But supposing it happened overnight. You went to bed weighing 140 lbs, trim, rippling with muscles and not an ounce of fat on your body. You awoke weighing 180 lbs, fat, bloated and pot-bellied. Instead of waking up feeling fully rested and full of energy, you wake up feeling miserable, lethargic and you can hardly open your eyes. You would be panic-stricken, wondering what awful disease you had contracted overnight. Yet the disease is exactly the same.

The fact that it took you twenty years to reach that state is irrelevant. So it is with PMOing. If I could immediately transfer you into your mind and body to give you a direct comparison on how you would feel having stopped internet porn for just three weeks, that is all I would need to do to persuade you to quit. You would think: “Will I really feel this good?” Or what it really amounts to: “Had I really sunk that low?” I emphasize that I don't just mean that you would feel healthier and have more energy but how you would also feel more confident and relaxed and better able to concentrate.

As a teenager, I can remember rushing around just for the hell of it. I was interested in reading, I had set up a chemical lab, tried fixing (old CRT) TVs, dabbled with cooking etc. I was fascinated by scientists. Then I got attracted to makers and doers of the rag-to-riches lives of real people. I had the inner push and I knew I had it.

I then was introduced to print porn, then came music TV channels, followed by static computer images. By this time I was permanently tired and lethargic. Then came internet porn of images and downloadable movies. I used to struggle to wake up at nine o'clock in the morning. After my evening meal I would already be thinking about porn before going to bed, even when I had a girlfriend. Sex with her was a ‘chore’. But PMO with internet porn had all the novelty, shock, etc. No one can match that lure. And then the internet upped its game with tube sites, catalogued porn genres, ‘hearting’ favorites and all in lightning speed, high quality, no traces of downloads. Even the browsers went incognito, thoroughly helping me to cover my tracks. Reward with no pains.

By this time, the lack of energy, tiredness and everything related to it is nicely swept under the rug of ‘getting’ older. My friends and colleagues by this time are all living sedentary lifestyles. I thought this behaviour was normal. I believed that energy was the exclusive prerogative of children and teenagers, and that old age began in the early twenties. I did not notice that I was paying attention to my health in general by eating right - which they did not. But I did not notice that anomaly.

Shortly after I stopped PMO, I was relieved that this foggy and muggy feeling left me. For example, I can keep a steady gaze with my eyes on just about anything for a longer time. If I am looking into someone’s eyes it is even longer. However something truly marvellous and unexpected also happened. I started waking at seven o'clock in the morning feeling completely rested and full of energy, actually wanting to exercise, jog and swim. I have read about a forty-eight year old who couldn't run a step or swim a stroke. The only sporting activities were confined to such dynamic pursuits as green bowling, affectionately referred to as “the old man's game,” and golf, for which he had to use a motorized cart. But after quitting PMO he started going to gym - not that it is necessary that everyone would - but still. Almost all us know that it's great to have energy and when you feel physically and mentally strong, it feels great to be alive.

That is the point with PMOing - you are always debiting your energy. And in that process tampering with your brain codes of the reward circuit. Which again is going to make you miserable and vulnerable to stress and strain attacks. Unfortunately when you feel down with all of this you will seek a cigarette or alcohol or again porn. Unlike quitting smoking, where the return of your physical and mental health is only gradual, quitting PMO gives you excellent results from day one. Starting with energy. Then your mental programming to close the ‘water slides’ takes a bit of time. You need to kill the Little Monster - which will be explained in later chapters. Recovering your RC is nothing like as slow as the slide into the pit and if you are going through the trauma of the willpower method of quitting, any health or energy gains will be obliterated by the depression you will be going through. Unfortunately, I cannot immediately transfer you into your mind and body in three weeks' time. But you can! You know instinctively that what I am telling you is correct. All you need to do is: USE YOUR IMAGINATION!

03-19-It Relaxes Me and Gives Me Confidence

This is the worst fallacy of all about PMOing and for me it ranks with the ending of the slavery, the greatest benefit from quitting - is not to have to go through life with the permanent feelings of insecurity that PMOers suffer from.

PMOers find it very difficult to believe that masturbation to internet porn actually causes those insecure feelings you get when you are out late at night after a contentious day at home or work. Non-PMOers do not suffer from that feeling. It is the porn that causes it. I only became aware of many of the advantages of stopping months afterwards, as a result of my consultations with other PMOers.

I refused to see my PMO as causing so much of the mental tug of war in my mind that I am foolishly working hard to have nominal levels of confidence in my day to day life. Forget about getting an erection, I am talking about focusing, taking challenges, fighting, choosing, deciding - actions that define our lives. Especially when we are often forced to act when the facts are not clear. Come to think of it, facts were and will never be clear and hence it is to our great advantage anyway to act.

Also of note is in dating area as well, the fire to go forward is being misappropriated to this ‘high reward zero pain’ porn. If you have read some top PUA books and forums, what do they say? Go on a ‘diet*’? Yes of course when you have the good hunger your internal juices and your brain will do the rest. Copping out is not an option at all. Playing the numbers is not tiresome by no means. All PUA advice in a nut-shell is this - try more numbers. Even if your approach is wrong you will be right twice a day like a broken clock. But if your mind is fighting a tug of war with effortless easy access to a harem of online women, how would you get back on your feet when that girl ignores you? Oh, if it was a public outright rejection I am running, not walking, to my porn girlfriend.

For a long time, before YBOP and Gary’s articles, none of these things did I relate to my PMOing ‘habit’ but getting off it has been like awakening from a bad dream. Nowadays I look forward to each day. Of course, bad things still happen in my life, and I am subject to normal stresses and strains but it is wonderful to have the confidence to cope with them, and extra health, energy and confidence make the good times more enjoyable too.

** porn diet - n number of days off before PMO.*

03-20-Those Sinister Black Shadows

Another of the great joys of quitting porn is to be free of those sinister black shadows at the back of our minds. All PMOers know they are fools to close their minds on the ill-effects of PMO. For most of our lives PMO is automatic but the black shadows are always lurking in our subconscious minds, just beneath the surface. There are several marvellous advantages to achieve from quitting PMO. Some of them I was consciously aware of throughout my life, such as the health risks, the waste of time and the sheer stupidity of making love to a two dimensional image. However, such was my fear of quitting, so obsessed was I in resisting all the attempts of do-gooders and anyone else who tried to persuade me to quit, that all my imagination and energy was directed to finding any flimsy excuse that would allow me to continue to PMO.

Amazingly, my most ingenious thoughts occurred when I was actually trying to quit. They were of course inspired by the fear and misery I suffered when attempting to quit by using willpower. No way could I block my mind from the health and sexual aspects. But now that I am free it amazes me how I successfully blocked my mind from even more important advantages to be gained from quitting. I've already mentioned the sheer slavery - spending half of our lives being allowed to PMO, doing it automatically and wishing we had never started, the other half feeling miserable and deprived because the knowledge of the destructive effects of internet porn won't allow us to PMO. In the last chapter I've referred to the incredible joy of having energy again. But for me the greatest joy of being free was not the health, the time, the energy, or the ending of the slavery, it was the removal of those sinister black shadows, the removal of feeling despised by and feeling apologetic to myself and to other quitters, and most of all to be able to respect yourself.

Most PMOers aren't the weak-willed, spineless jellyfish that both society and themselves tend to believe. In every other aspect of my life I was in control. I loathed myself for being dependent on an evil crutch that I knew was ruining my life. I cannot tell you of the utter joy of being free of those sinister black shadows, the dependency and the self-despising. I can't tell you how nice it is to be able to look at all other users, whether they be young, old, casual or heavy, not with a feeling of envy, but with a feeling of pity for them and elation for yourself that you are no longer the slave of that insidious trap. The other day I felt pity for the guy on a TV show who was so excited to get to watch porn - another case of society slipping one in your drink under the pretence of comedy.

The last two chapters have dealt with the considerable advantages of being a non-PMOer. I feel it necessary to give a balanced account, so the next chapter lists the advantages of being a PMOer.

03-22-The Willpower Method of Stopping

It is an accepted fact in our society that it is very difficult to stop PMO. Even books and forums advising you how to do so usually start off by telling you how difficult it is. The truth is that it is ridiculously easy. Yes, I can understand you questioning that statement but just consider it. If your aim is to run a mile in under four minutes, that's difficult. You may have to undergo years of hard training and even then you may be physically incapable of doing it. (Much of our achievement lies in the mind. Isn't it strange how difficult it was until Roger Bannister actually did it but nowadays it is commonplace?).

However, in order to stop PMOing all you have to do is not watch internet porn and or masturbate any more. No one forces you to masturbate (apart from yourself) and unlike food or drink, you don't need it to survive. So if you want to stop doing it, why should it be difficult? In fact, it isn't. It is PMOers who make it difficult by using the Willpower Method. I define the Willpower Method as any method that forces the PMOer to feel he is making some sort of sacrifice. Let us just consider the Willpower Method.

We do not decide to become PMOers. We merely experiment with porn magazines or websites and because they are awful, yes that is right – awful - except for our desired clip, we are convinced that we can stop whenever we want to. In the main, we watch those first few clips only when we want to and that is usually on special occasions. Before we realize it, we are not only visiting those sites regularly and masturbating when we want to, we are masturbating to them every day. PMO has become a part of our lives. We then ensure that we always have an internet connection wherever we go. We believe that we are entitled to love, sex and orgasms - and also that porn helps to relieve stress. It doesn't seem to occur to us that the same clip and actors do not provide us the same degree of arousal and that we are either escalating or fighting against the ‘red line’ we have put around ourselves to avoid harmful “bad porn.” In fact, masturbation and internet porn neither improves our sex life nor does it relieve stress, it's just that PMOers believe they can't enjoy life or handle stress without an orgasm - even mind induced porn orgasms. Because that is what many times we are doing.

It usually takes us a long time to realize that we are hooked because we suffer from the illusion that PMOers masturbate because they enjoy porn - not because they have to have porn - a need. While we are not “enjoying” porn (which we can never do unless novelty, shock or escalation is added), we suffer from the illusion that we can stop whenever we want to. This is a confidence trap. I don’t enjoy porn, so I am sure I can stop when I want to. Only that you never seem to ‘want’ to stop though.

Usually it is not until we actually try to stop that we realize a problem exists. The first attempts to stop are more often than not in the early days and are usually triggered off by boy-meets-girl and boy notices the girl is not ‘quite enough’ after the initial dates or health (the teenager is still active in sport and finds he is short of breath).

Whatever the reason, the PMOer always waits for a stressful situation, whether it be health or sex. As soon as he stops, the little monster needs feeding. The PMOer then wants something to pump that dopamine - a cigarette or alcohol or of course internet porn where your favourites are just

a click and log in away. The porn cache is no longer down in the basement, it’s now virtual in the cloud. If the girl is around or if he is with his friends he cannot have access to his virtual harem and this makes him more distressed.

Now by this time if he had already come across YBOP or Reddit material he is going to be having a tiresome “tug of war” (TOW*), resisting his temptations and feeling deprived. The thing he usually takes to relieve stress is now not available, so he suffers a triple blow. The probable result after a period of torture is the compromise, “I'll cut down,” or, “I've picked the wrong time,” or, “I'll wait until the stress has gone from my life.” However, once the stress has gone, he has no need to stop and doesn't decide to do so again until the next stressful time.

Of course, the time is never right because life for most people doesn't become less stressful; it becomes more so. We leave the protection of our parents and enter the world of setting up home, taking on mortgages, having children, more responsible jobs, etc. Of course, the PMOer's life can never become less stressful because it is the porn that actually causes stress. The quicker the PMOer passes on to the escalation stage, the more distressed he becomes and the greater the illusion of his dependency grows.

** TOW- tug of war, dichotomous thinking, double thinking.*

In fact, it is an illusion that life becomes more stressful and it's the porn itself, or a similar crutch, that creates the illusion. This will be discussed in greater detail in Chapter 28. After these initial failures the PMOer usually relies on the possibility that one day he will wake up and just not want to masturbate, use porn etc. any more. This hope is usually kindled by the stories that he has heard about other ex-PMOers (e.g. “I was not serious until I had a ‘fading penetration’ then I didn’t want to use porn any more and stopped masturbating”).

Don't kid yourself. I have probed all of these rumours and they are never quite as simple as they appear. Usually the user has already been preparing himself to stop and merely used the incident as a springboard. I spent many years waiting to wake up one morning wanting never to PMO again. Whenever I had a PIED incident or even lack of energy - I would look forward to my energy dip to end because it was interfering with my entitled porn orgasms.

More often in the case of people who stop “just like that” they have suffered a shock. Perhaps a ‘discovery’ by their girlfriend or wife, a self spotting incident of accessing porn that is not of your normal sexual orientation, or they have had a scare themselves. It is so much easier to say, “I just decided to stop one day. That's the sort of guy I am.” Stop kidding yourself! It won't happen unless you make it happen.

Let's consider in greater detail why the Willpower Method is so difficult. For most of our lives we adopt the head-in-the-sand, “I'll stop tomorrow” approach. At odd times something will trigger off an attempt to stop. It may be concerns about health, virility or we may have been going through a particularly heavy bout of self analyses and realize that we don't actually enjoy it.

Whatever the reason, we take our head out of the sand and start weighing up the pros and cons of PMO. It is time to define what PMO is - the internet porn IP, any porn, masturbation with or without porn and orgasms. Sex is split into amative and propagative. This distinction is one of our major keys in opening up our mind’s doors. Without which there will be confusion and failure will

be the result. We then find out what we have known all our lives: on a rational assessment the conclusion is, a dozen times over, STOP PMOing.

If you were to sit down and give points out often to all the advantages of stopping and do a similar exercise with the advantages of PMOing, the total point count for stopping would far outweigh the disadvantages. If you employ Pascal's Wager - by quitting, you will see that you are losing almost nothing with higher chances of gaining a lot and also higher chances of NOT losing a lot. However, although the PMOer knows that he will be better off as a non-PMOer, he does believe that he is making a sacrifice. Although it is an illusion, it is a powerful illusion. The PMOer doesn't know why, but he believes that during the good times and the bad times of life the PMO sessions does appear to help. Before he starts the attempt he has the brainwashing of our society, reinforced by the brainwashing of his own addiction. To these must be added the even more powerful brainwashing of how difficult it is to "give up."

He has heard stories of PMOers who have stopped for many months and are still desperately craving. There are all the disgruntled stoppers (people who stop and then spend the rest of their lives bemoaning the fact that they'd love to PMO). He has heard of the PMOers who had stopped for many months or even years, apparently leading happy lives but then have one 'look' or PMO and are suddenly hooked again. Probably he also knows several PMOers in the advanced stages of the disease who are visibly destroying themselves and are clearly not enjoying life yet they continue to PMO. Added to all this, he has perhaps already suffered one or more of these experiences himself.

So, instead of starting with the feeling, "Great! Have you heard the news? I don't need to PMO any more!" He starts with a feeling of doom and gloom, as if he were trying to climb Everest and he firmly believes that once the little monster has got his hooks into you, you are hooked for life. Many PMOers even start the attempt by apologizing to their girlfriends and wives: "Look. I am trying to give up PMO. I will probably be irritable during the next few weeks. Try to bear with me." Most attempts are doomed before they start.

Let's assume that the PMOer survives a few days without a PMO session. He is getting back his arousal and morning wood is starting to rear its head. He hasn't opened the "favourites" on his tube sites and consequently getting turned on and a tent appears for incidences where he would have zoned out before. So the reasons why he decided to stop in the first place are rapidly disappearing from his thoughts. It is like seeing a bad road accident when you are driving. It slows you down for a while but the next time you are late for an appointment you have forgotten all about it and your foot stamps on the throttle.

On the other side of the tug of war, that little monster inside you hasn't had his fix. There is no physical pain. If you had the same feeling because of a cold, you wouldn't stop working or get depressed. You would laugh it off. All the PMOer knows is that he wants to visit his harem. Quite why it is so important to him he doesn't know. The little monster in the stomach then starts off the big monster in the mind and now the person who a few hours or days earlier was listing all the reasons to stop is desperately searching for any excuse to start again. Now he is saying things like:

- *"Life is too short. A bomb could go off. I could step under a bus tomorrow. I have left it too late. They tell you everything gives you addiction these days."*

- *“I have picked the wrong time. I should have waited until after Christmas, after my holidays/tests, after this stressful event in my life. I cannot concentrate, I am getting irritable and bad tempered. I cannot do my job properly. My family and friends won't love me. Let's face it, for everybody's sake I have got to start again. I am a confirmed sex addict and there is no way I will ever be happy again without an orgasm inducing masturbation.”*

- *“No man can survive without sex (brainwashed by well meaning people who did not think about the amative and propagative distinction of sex).”*

- *“I know this will happen - my brain is ‘sensitized’ by the deltaFosB due to changes effected by dopamine surges because of my past excessive porn use. Sensitization can ‘never’ be removed from the brain.”*

At this stage the PMOer usually gives in. He fires up his browser and the schizophrenia increases. On the one hand there is the tremendous relief of ending the craving, when the little monster finally gets his fix; on the other hand, the orgasm is awful and the PMOer cannot understand why he is doing it. This is why the PMOer thinks he lacks willpower. In fact, it is not lack of willpower; all he has done is to change his mind and make a perfectly-rational decision in the light of the latest information.

- *“What's the point of being healthy if you are miserable?”*

- *“What is the point of being rich if you are miserable?”*

Absolutely none. Far better to have a shorter enjoyable life than a lengthy miserable life. Fortunately, that is not true - just the reverse. Life as a non-PMOer is infinitely more enjoyable but it was this delusion that kept me masturbating for twenty five years. I must confess, if that were the true situation, I would still be PMOing. The misery that the PMOer is suffering has nothing to do with withdrawal pangs. True, they trigger them off, but the actual agony is in the mind and it is caused by doubt and uncertainty. Because the PMOer starts by feeling he is making a sacrifice, he begins to feel deprived - this is a form of stress.

One of the times when his brain tells him, “have a peek,” will be a time of stress. Therefore as soon as he stops, he wants to go back. But now he can't because he has stopped. This makes him more depressed, which sets the trigger off again. Another thing that makes it so difficult is the waiting for something to happen. If your object is to pass a driving test, as soon as you have passed the test it is certain you have achieved your object. Under the Willpower Method you say, “if I can go long enough without internet porn then the urge to PMO will eventually go.” You can see this in the forum where addicts talk about their number of days of abstinences.

How do you know when you have achieved it? The answer is that you never do because you are waiting for something to happen and nothing else is going to happen. You stopped when you had that last session and what you are really doing now is waiting to see how long it will be before you give in. Especially if you have read and subscribed the brain chemistry and DeltaFosB or any other similar sciences. You say, “if only I wait it out - like kidney stones - it will dissolve and go away.”

As I said above, the agony that the PMOer undergoes is mental and caused by uncertainty.

Although there is no physical pain, it still has a powerful effect. The PMoer is miserable and feeling insecure. Far from forgetting about PMO, his mind instead becomes obsessed with it. There can be days or even weeks of black depression. His mind is obsessed with doubts and fears.

- *"How long will the craving last?"*
- *"Will I ever be happy again?"*
- *"Will I ever want to get up in the morning?"*
- *"How will I ever cope with stress in future?"*

The PMOer is waiting for things to improve but of course while he is still moping, the 'harem' is becoming more precious. In fact, something does happen but the user isn't conscious of it. If he can survive three weeks without opening up his browser at all, the physical craving for porn and orgasm (the little monster) disappears. However, as stated before, the pangs of withdrawal from dopamine and opioids are so mild that the user isn't aware of them.

But after about three weeks many PMOers sense that they have "kicked it." So they then take a peek to prove it and it does just that. The ex-PMOer has now supplied dopamine to the body and as soon as he is done it starts to leave the body. There is now a little voice at the back of his mind saying, "you want another one." In fact, he had kicked it but now he has hooked himself again.

When you were a child you watched Mickey Mouse on TV and as per the brain science you formed DeltaFosB for the cartoon. If I were to discourage you at that time from watching this program - I'd study why adults don't like to watch their favourite childhood cartoon anymore - whether they still hold this DeltaFosB or not. For one, they have better entertainment and for the other the old cartoon does not hold the magic anymore. With the Willpower Method you are denying the child the cartoon - but with my method you are also making sure that he sees no value in the cartoon. Which one is better?

The PMOer will not usually get into another session immediately. He thinks, "I don't want to get hooked again!" So he allows a safe period to pass. It might be hours, days, even weeks. The ex-PMOer can now say, "well, I didn't get hooked, so I can safely have another session." He has fallen back into the same trap as he did in the first place and is already on the slippery slope.

PMOers who succeed under the Willpower Method tend to find it long and difficult because the main problem is the brainwashing - long after the physical addiction has died, the PMOer is still moping around all miserable. Eventually - if he can survive this long-term torture - it begins to dawn on him that he is not going to give in. He stops moping and accepts that life goes on and is enjoyable without PMO.

Many PMOers are succeeding with this Willpower Method but it is difficult and arduous. There are many more failures than successes. Even those who do succeed can go through the rest of their lives in a vulnerable state. They are left with a certain amount of the brainwashing and believe that during good and bad times the PMOs can give you a boost. (Most non-PMOers also suffer from that illusion. They are subjected to the brainwashing also but either find they cannot learn to "enjoy" internet porn or are too religious and don't want the bad side, thank you very much). This

explains why many PMOers who have stopped for long periods end up starting again later on.

Many ex-PMOers will have the occasional session as a “special treat” or to convince themselves how strong their self-control is. It does exactly that but as soon as their session ends, dopamine starts to leave and a little voice at the back of their mind is saying, “you want another one.” If they get on with another one, it still seems to be under control - no shocks, no escalation, no novelty seek and they say, “marvellous! While I am not really enjoying it, I won't get hooked. After Christmas/the holiday/this trauma, I will stop,” Little do they know the ‘water slides’ of their brain. The action greased the slides even more.

Too late. They are already hooked. The trap that they fell into in the first place has claimed its victim again.

As I keep saying, enjoyment doesn't come into it. It never did! If we PMOed because we enjoyed it, nobody would stay on the tube sites more than the average time it takes to finish the deed. Anyway, a better way to orgasm is to masturbate out of your memories. We assume we enjoy internet porn only because we cannot believe we would be so stupid as to get addicted if we didn't enjoy them. I had no idea about supranormal stimulus or novelty-seeking or shock-seeking, and even after I read about them, I did not believe that so much of my “fun” seeking was to do with simple evolutionary reward circuit wiring. I am some lab rat? I have free will! This is why so much of our PMOing is subconscious. If, while using, you were aware of the brain changes (the dopamine/opioid squirts, diluting of those fluids, the closing up of their receptors, the satiation levels going up ruining our future encounters and experiences with the opposite sex and you had to say to yourself, “this is going to cost $$$ in my lifetime, and this session with an unknown two dimensional actor might just be the one to trigger off PIED, PE, hypofrontality by greasing those ‘water slides’” - even the illusion of enjoyment would go.

When we try to block our minds to the bad side, we feel stupid. If we had to face up to it, that would be intolerable! If you get to watch a PMOer in action, you will see that they are happy only when they are not aware that they are PMOing. Once they become aware of it, they tend to be uncomfortable and apologetic. We PMO to feed that little monster... and once you have purged the little monster from your body and the big monster from your brain, you will have neither need nor desire to PMO.

03-23-Beware of Cutting Down

Many PMOers resort to cutting down either as a stepping-stone towards stopping or as an attempt to control the little monster. Many recommend cutting down or a ‘porn diet’* as a pick-me-up. Obviously, the less you PMO the better off you are but as a stepping-stone to stopping, cutting down is fatal. It is these attempts to cut down that keep us trapped all our lives.

Usually cutting down follows failed attempts to stop. After a few hours or days of abstinence the PMOer says to himself something like:

> *“I cannot face the thought of going to sleep without visiting my online harem, so from now on I will just PMO once in four days or I will purge my collection of ‘bad’ porn. If I can follow this ‘porn diet’, I can either hold it there or cut down further.”*

Certain terrible things now happen:

1. He has the worst of all worlds. He is still addicted to internet porn and is keeping the monster alive not only in his body but also in his mind.
2. He is now wishing his life away waiting for the next session.
3. Prior to cutting down, whenever he wanted to visit his harem he would fire up his browser and at least partially relieved his withdrawal pangs. Now, in addition to the normal stresses and strains of life, he is actually causing himself to suffer the withdrawal pangs from porn most of his life. So he is causing himself to be even more miserable and bad tempered.
4. While he was indulging himself, he didn't enjoy most of the PMO sessions nor did he realize he was using a supranormal stimulate. It was automatic. The only harem visits that he imagined he enjoyed were after a period of abstinence (e.g. the first in the four days, the one after a business trip, etc.).

Now that he waits an extra hour for each harem visit, he ‘enjoys’ every one. The longer he waits, the more enjoyable each PMO session appears to become because the ‘enjoyment’ in a session isn't the session itself; it's the ending of the agitation caused by the craving, whether it be the slight physical craving for internet porn or the mental moping. The longer you suffer, the more ‘enjoyable’ each session becomes.

> ** Porn Diet. Intentionally cutting down or attempting to control etc. Frequency: Restricting PMO to once in four days. Time: Setting a timer for the session. Shock: Safe porn only. Novelty: Only one clip.*

The main difficulty of stopping PMOing is not the brain chemical addiction. That's easy. PMOers will all on without it anyway on various occasions - such as death of a loved one, family/work affairs keeping them away from access etc. They will go say, ten days without internet porn and it doesn't bother them. But if they went the same ten days during which time they can have access to internet porn, they would be tearing their hair out.

Many PMOers will get a chance during their work day and abstain from masturbating to orgasm. PMOers will pass through Victoria’s Secret store in the mall, swimming pools and so on without undue inconvenience. Many PMOers will abstain if they have to sleep on the couch

temporarily to make space for a visitor or if they are themselves visiting . Even in the Go-Go bars or on nudist beaches there have been no riots. PMOer are almost pleased for someone to say they cannot masturbate. In fact, PMOers who want to quit get a secret pleasure out of going long periods without a harem visit. It gives them the hope that maybe one day they will never want it.

The real problem when stopping is the brainwashing. That illusion of entitlement that internet porn is some sort of prop or reward and life will never be quite the same without it. Far from turning you off to internet porn, all cutting down does is to leave you feeling insecure and miserable and to convince you that the most precious thing on this earth is the missed new clip on your tube site, that there is no way that you will ever be happy again without seeing that one.

There is nothing more pathetic than the PMOer who is trying to cut down. He suffers from the delusion that the less he PMOs, the less he will want to visit the online harems*. In fact, the reverse is true. The less he PMOs, the longer he suffers the withdrawal pangs; the more he enjoys the PMO. However, the more he will then notice that his favourite genre or star are not hitting the spot now. But that won't stop him. If the tube sites were to dedicate to one star only no PMOers would ever go more than once to those online harems.

** Harems. Internet porn sites that cater for streaming videos, webcams and pictures.*

You find that difficult to believe? OK, let's talk it out. Which is the worst moment of self control one feels? Waiting for four days and then having a climax. Which is one of the most precious moment for most PMOers who are in the 4 day porn diet? That's right, the same climax after waiting for four days! Now do you really believe you are masturbating to it to enjoy the orgasm? Or do you think a more rational explanation is that you are relieving withdrawal pangs and the illusion that your are entitled to PMO?

It is essential that we remove all these illusions about PMO before you extinguish that final session. Unless you've removed the illusion that you enjoy it before you close the window on the final one, there is no way you can prove it afterwards without getting hooked again. So, unless you are already online waiting to go to your tube site, do type it now. Open up your favourites folder and PMO to your most favourites - star, genre, theme etc. Now as you are in the action ask yourself what is so glorious about this thing. Perhaps you believe that it is only certain clips that are of good taste, like the one on your habitual or favourite theme? If so, why do you bother to watch the other videos and themes?

Because you got into the habit of doing it? Now why would anyone get into the habit of PMO which is screwing up their brain scripts and wasting themselves? Why should a clip of the same star that ‘hit the spot’ last month not be as exciting now? Nothing is different after a month, so why should porn clip be different after a month?

Don't just rely on me, check it out yourself. Find that hot clip from last month to prove that it is different. Now, set a reminder and watch the same clip after a week of no PMO. It will hit (almost) the same spots like it did last month. The same clip will also do a different thing to you after a social event where you are turned down or tested by some potential partner. The reason is that the addict can never be really happy if that little monster remains unsatisfied.

Where does satisfaction come into it? It's just that they are miserable if they aren't allowed to

relieve their withdrawal symptoms at those times. So the difference between PMOing and not PMOing is the difference between being happy and miserable. That's why the internet porn appears to be better. Whereas PMOers who get on the internet first thing in the morning for porn are miserable whether they are PMOing or not.

Cutting down not only doesn't work but it is the worst form of torture. It doesn't work because initially the PMOer hopes that by getting into the habit of using less and less, he will reduce his desire to PMO. It is not a habit. It is an addiction and the nature of any addiction is to want more and more, not less and less. Therefore in order to cut down, the PMOer has to exercise willpower and discipline for the rest of his life. So cutting down means willpower and discipline forever.

The main problem of stopping is not the dopamine addiction to internet porn. That's easy to cope with. It is the mistaken belief that the porn gives you some pleasure. This mistaken belief is brought about initially by the brainwashing we receive before we started using internet porn, which is then reinforced by the actual addiction. All cutting down does is reinforce the fallacy further to the extent that porn dominates the user’s life completely and convinces him that the most precious thing on this earth is the addiction.

As I have already said, cutting down never works anyway because you have to or must exercise willpower and discipline for the rest of your life. If you did not have enough willpower to stop then you certainly have not got enough to cut down. Stopping is far easier and less painful. I have heard of literally thousands of cases in which cutting down has failed.

The handful of successes I have known have been achieved after a relatively short period of cutting down, followed by the 'cold turkey'. These PMOers really stopped in spite of cutting down, not because of it. All it did was prolong the agony. A failed attempt to cut down leaves the PMOer a nervous wreck, even more convinced that he is hooked for life. This is usually enough to keep him reverting back to his online harem for pleasure and crutch for another stretch of time before the next attempt.

However, cutting down helps to illustrate the whole futility of PMO because it clearly illustrates that a visit to the harem is enjoyable only after a period of abstinence. You have to bang your head against a brick wall (i.e. suffer withdrawal pangs) to make it nice when you stop. So the choices are:

1. Cut down for life. This will be self-imposed torture and you will not be able to do it anyway.
2. Increasingly torture yourself for life. What is the point?
3. Be nice to yourself. Stop doing it.

The other important point that cutting down demonstrates is that there is no such thing as the odd or occasional harem visit. Internet porn is a chain reaction that will last the rest of your life unless you make a positive effort to break it:

REMEMBER: CUTTING DOWN WILL DRAG YOU DOWN.

03-24-Just One Peek

“Just one peek” is a myth you must get out of your mind:

- It is just one peek that gets us started in the first place.
- It is just one peek to tide us over a difficult patch or on a special occasion that defeats most of our attempts to stop.
- It is just one peek that, when PMOers have succeeded in breaking the addiction, sends them back into the trap. Sometimes it is just to confirm that they do not need them any more and that one harem visit does just that.

The after effect of PMO will be horrible and convinces the PMOer he will never become hooked again but he already is. The PMOer feels that something that is making him or her so miserable and guilty should have not made him or her do it yet they did.

It is the thought of that ‘one special PMO’ session that often prevents users from stopping. The one after your long conference trip or the one after your hard day at work or your fight with kids or after an incident where your partner rejects you for sex. Get it firmly in your mind there is no such thing as “just one peek.” It is a chain reaction that will last the rest of your life unless you break it. It is the myth about the odd, special occasion that keeps PMOers moping about it when they stop. Get into the habit of never seeing the “no big deal” (NBD) session - it is a fantasy. Whenever you think about porn or PMO, see a whole filthy lifetime of spending a lot of time behind a screen just for the privilege of destroying yourself mentally and physically, a lifetime of slavery, a lifetime of hopelessness. It is not a crime if your erections are unreliable. But it is when you could be happier in the long term but choose to sacrifice that for a short term ‘pleasure’.

It is OK that we can’t always come up with ‘something to do’ for the void and it is not realistically possible to do that every time and for our entire life. Yes, we can plan for most of them, but sometimes void happens. Good times and bad times also happen, irrespective of your PMO anyway. But get it clearly into your mind: the PMO isn't it. You are stuck with either a lifetime of misery or none at all. You wouldn't dream of taking cyanide because you liked the taste of almonds, so stop punishing yourself with the thought of the occasional “no big deal” PMO. Ask a PMOer with issues, “if you had the opportunity to go back to the time before you became hooked, would you have become a PMOer?” The answer is inevitably, “you have got to be joking!” Yet every PMOer has that choice every day of his life. Why doesn't he opt for it? The answer is fear. The fear that he cannot stop or that life won't be the same without it.

** NBD- no big deal.*

** JOP - Just one peek.*

Stop kidding yourself! You can do it. Anybody can. It's ridiculously easy. In order to make it easy to stop masturbating to internet porn there are certain fundamentals to get clear in your mind. We have already dealt with three of them up to now:

1. There is nothing to give up. There are actually only marvellous positive gains to achieve.

2. Never convince yourself of the odd/NBD (no big deal) or JOP (just one peak) PMO. It doesn't exist. There is only a lifetime of filth and slavery,
3. There is nothing different about you. Any addicted PMOer can find it easy to stop.

Many PMOers believe that they are confirmed addicts or have addictive personalities. This usually happens if they have read the ‘shocking’* part of the brain science a little bit too much. I promise you there is no such thing. No one is born with needs to masturbate to video clips before they become hooked on the drug. It is the drug that hooks you and not the nature of your character or personality. It is the effect of addictive supranormal stimuli that makes you believe that you have an addictive personality. However, it is essential that you remove this belief because if you believe that you are dependent on internet porn, you will be. Even after the little porn monster inside your body is dead. It is essential to remove all of this brainwashing.

** The shocking part of brain chemistry talks about a long lasting deltaFosB stable protein that forms the ‘water slide’ cues in our brains. These cause the slip-lapse-relapse cycles in addicts. They are ‘greased’ (kept alive) every time the addicted substance is used.*

03-25-Casual PMOers, Teenagers, Non-PMOers

Heavy PMOers tend to envy the casual porn user. We've all met these characters: “Oh, I can go all week without a PMO, it really doesn't bother me.” We think: “I wish I were like that!” I know this is hard to believe but no PMOer enjoys being a PMOer. Never forget:

- No PMOer ever decided to become a PMOer casual or otherwise, therefore:
- All PMOers feel stupid, therefore:
- All PMOers have to lie to themselves and other people in a vain attempt to justify their stupidity.

I used to be a golf fanatic. I would brag about how often I played and I wanted to play more. Why do PMOers brag about how little they masturbate? If that's the true criterion then surely the true accolade is not to masturbate at all?

If I said to you, “do you know, I can go all week without carrots and it doesn't bother me in the slightest,” You would think I was some sort of nutcase. If I enjoy carrots, why would I want go all week without them? If I didn't enjoy them, why would I make such a statement? So when a user makes a statement like: “I can go all week without a PMO session, it really doesn't bother me.” He's trying to convince both himself and you that he has no problem. But there would be no need to make the statement if he had no problem. What he is really saying is: “I managed to survive a whole week without PMOing.” Like every PMOer, he was probably hoping that after this he could survive the rest of his life. But he could only survive a week and can you imagine how precious that PMO session must have been afterwards, having felt deprived for a whole week?

This is why casual PMOers are effectively more hooked than heavy PMOers. Not only is the illusion of pleasure greater but they have less incentive to quit because they spend less time and are less vulnerable to the health risks. They may occasionally experience PIED but they are not very sure what caused it. Remember, the only pleasure PMOers get is in search-and-seek and then to relieve the withdrawal pangs, as I have already explained but even that pleasure is an illusion. Imagine the little porn monster inside your body as a permanent itch so imperceptible that most of the time we aren't even aware of it.

Now if you have a permanent itch, the natural tendency is to scratch it. Similarly as our brain's’ reward circuits become more and more immune to dopamine and opioids, the natural tendency is to edge, escalate, binge, novelty-seek, shock-seek etc. There are four main factors that prevent PMOers from chain-PMOing:

1. **Time**. Most cannot afford to.
2. **Health**. In order to relieve our ‘itches’ we have to consume all free material that is available and then some. Capacity to cope with that kind of binging varies with each individual and at different times and situations in his or her life. This acts as an automatic restraint.
3. **Discipline**. This is imposed by society or the PMOer’s job, or friends and relatives, or by the PMOer himself as a result of the natural tug of war that goes on in every PMOer’s mind.

4. **Imagination**. Lack of imagination plays down the shock, novelty and other values of the same clip on a subjective basis.

I used to think of my ‘non-casual’ PMOing as a weakness. I couldn't understand why my friends could limit their “intake.” I knew I was a very strong-willed person. It never occurred to me that most PMOers are incapable of chain-PMOing - you need a very strong imagination and also extraordinarily strong penis stamina in order to do it. Some of these once-a-week PMOers that heavy PMOers tend to envy do it less frequently because physically their constitution cannot do more, or because they cannot afford to PMO more, or because their job, or society, or their own hatred of being hooked won't allow them to PMO more.

It may be of advantage at this stage to provide a few definitions:

THE NON-PMOer

Someone who has never fallen for the trap but should not be complacent. He is a non-PMOer only by luck or the grace of goodness. All PMOers were convinced that they would never become hooked and some non-PMOers keep trying an occasional session.

THE CASUAL PMOer

There are two basic classifications of casual PMOers:

1. The PMOer who has fallen for the trap but doesn't realize it. Do not envy such PMOers. They are merely sampling the nectar at the mouth of the pitcher plant and in all probability will soon be heavy users. Remember, just as all alcoholics started off as casual drinkers, so all PMOers started off as casual PMOers.
2. The PMOer who was previously a heavy PMOer and thinks he cannot stop. These PMOers are the saddest of all. They fall into various categories, each of which needs separate comment.

THE ONCE–A- DAY PMOer

If he enjoys his entitlement to orgasm, why does he use internet porn to orgasm only once a day? If he can take it or leave it, why does he bother to PMO at all? Remember, the ‘habit’ is really banging your head against the brick wall only to make it relaxing when you stop. The once-a-day PMOer is relieving his withdrawal pangs for less than one hour each day. The rest of the day, although he doesn't realize it, he is banging his head against the wall and does so for most of his life. He is PMOing only once a day because either he cannot take the risk of getting caught or screwing up his brain health. It is easy to convince the heavy PMOer that he doesn't enjoy it but you try convincing a casual PMOer. Anybody who has gone through an attempt to cut down will know it is the worst torture of all and almost guaranteed to keep you hooked for the rest of your life.

THE REJECTED PMOer

This PMOer demands the right to his/her orgasm(s) every day. And of course his sex partner is not always up to it. So he goes on the internet for porn initially. Once he takes “the ride” to fix “the void” he is trapped on this most exciting ‘water slide’ of novelty, shock, supranormal images etc. He is in fact dichotomously ‘happy’ with the partner’s rejection – it gives him something of an excuse. If internet porn is giving so much to you, why even bother to have a partner at all? Set him or her free. He is not even enjoying the PMO when he has to ‘carry’ his partner in his mind. At some point

he is using his real life partner to hand him an excuse to go out into the valleys of the dark side of the internet.

THE PORN DIET PMOer

(Or, “I can stop whenever I want to. I have done it thousands of times”). If he thinks dieting helps with his moods to ‘get out to get women,’ why is he even on the diet of once every four days? How can one predict the future, what if the happenstance of meeting occurred just an hour after your scheduled PMO session? Also, if he thinks this occasional “cleaning the plumbing” is good to relieve tension and relax why not plumb every day? It has been proven that masturbation is not required to keep the genitals healthy. Internet porn is not required at all. Even if that may be the case, any PUA guru who has read about the brain chemistry and its plasticity will never recommend watching super stimulus porn. The truth is he is still hooked. Although he gets rid of the physical addiction, he is left with the main problem - the brainwashing. He hopes each time that he will stop for good and soon falls for the same trap again.

Many PMOers actually envy these stoppers and starters. They think, “how lucky to be able to control it like that, to do PMO when you want to and stop when you want to,” What they always overlook is that these stoppers and starters aren't controlling it. When they are PMOers, they wish they weren't. They go through the hassle of stopping, then begin to feel deprived and fall for the trap again, then wish they hadn't. They get the worst of both worlds. If you think about it, this is true in the lives of the PMOers. When we are allowed to PMO we either take it as entitled or wish we didn't. It's only when we can't have PMO that it appears to be so precious. The ‘forbidden fruit syndrome’. This is the awful dilemma of PMOers. They can never win because they are moping for a myth, an illusion. There is one way they can win and that is to stop PMOing and stop moping!

THE I-ONLY-PMO-TO-STATIC/TAME/HOME-MADE-PORN PMOer

Yes, we all do it to start with but isn't it amazing how the average shock value of these clips seems rapidly to increase and before we know it we seem to be feeling deprived (tolerance)? The novelty is lacking in with static porn and we pay the mascot for a cup of grease and take the ride down the ‘porn water slide’ towards the dark spirals of resentment and guilt. The worst thing you can do is to use your partner's pictures (with approval, of course) for masturbation. Why? Because you are re-wiring your brain for the seeking, searching and variety induced dopamine flushes. The ‘porn water slides’ in the brain is the DeltaFosB built-up due to the dopamine surges induced by internet porn. But you will find yourself having weak and unreliable erections when you are with her in real time. Another genre in this category is ‘amateur’ or ‘home made’ porn. Most are fakes and you know it. And you are not going to settle down and finish on the very first one that hits your eyes... you are going to continue to seek and search. Remember it’s not only the orgasms but the search-and-seek, the wandering, that gives the porn slide the surge, the ‘ride’. The porn content, whether amateur or professional or whatever is not the issue, it is the ‘brain flushes of dopamine’ during the search-and-seek - the building up of brain tolerance and satiation. Porn destroys normal brain operations. Masturbation confuses the muscle-brain. Orgasms floods the brain and so it should be, better the risks involved in having one.

THE I-HAVE-STOPPED-BUT-I-HAVE-AN-OCCASIONAL-PEEK PMOer

In a way such peeking PMOers are the most pathetic of all. Either they go through their lives believing they are being deprived or, more often, the occasional peek becomes two. They remain on

the slippery slope and it goes only one way - DOWNWARDS. Sooner or later they are back to being heavy PMOers. They have fallen again for the very trap that they fell into in the first place.

There are two other categories of casual PMOers. The first is the type who masturbates to images or clips of the latest celebrity sex tapes that hit the news. Or something they ‘carried home’ from their ‘accidental’ viewing at school or work. These people are really non-PMOers. It's just that they feel they are missing out. They want to be part of the action. We all start off like this. Next time watch how, after a while, the celebrity sex tape, the same star of your fantasy is not ‘doing it’ to you any more. The more ‘unattainable’ the target of your fantasy is, the more frustrating the withdrawal of the orgasm is.

The second category is recently getting attention. The type can best be described by outlining a case shared online. A woman who is a professional, had been using internet porn stories for many years and had never PMOed more or less than one time every night. She was, incidentally, a very strong-willed lady. Most PMOers would wonder why she wanted to stop in the first place. They would gladly point out to her that there is no worries of PIED, or PE in her case as she is a women. She is using not even static images and the stories are far tamer than any they use on a daily basis.

They make the mistake of assuming that casual PMOers are happier and more in control. In control they may be but happy they are not. In this case, she is not satisfied with her partner, not interested in real sex, highly irritable with her daily stress and strains. Her nearest-and-dearest could not find out what is bothering her. Even if she convinced herself not to be afraid of her use of internet porn by rationalizing, she still finds herself not being able to enjoy real relationships which almost invariably involve ups and downs. Her brain’s RC* is not able to make use of the normal de-stress brain chemicals as she is flooding dopamine into her brain on an everyday basis. The down regulation* of her brain receptors has rendered her melancholic most times. Like me, she had a great fear of internet porn’s dark side of the treatment of women- before her first time. Like me, she eventually fell victim to the massive social brainwash and tried that first porn site. Like me, she can remember the foul clips of violence staged as entertainment. Unlike me, who capitulated and became a chain-PMOer very quickly, she resisted the slide.

** RC - reward circuits.*

** Regulation - Up and down regulation is a natural reactionary process of the brain to adjust receptors and or their neuro-transmitters based on the level that is present.*

All you ever enjoy in PMO is the ending of the craving that started before it, whether it be the almost imperceptible physical craving for dopamine or the mental torture caused by not being allowed to scratch the itch. Internet porn itself is a poison as far as it concerns you. This is why you only suffer the illusion of enjoying it after a period of abstinence. Just like a hunger or thirst, the longer you suffer it, the greater the pleasure when you finally relieve it. PMOers make the mistake of believing PMO is just a habit. They think, “if I can only keep it down to a certain level or do only on special occasions, my brain and body will accept it. I can then keep my PMOing at that level or cut down further should I wish to.” Get it clear in your mind: the 'habit' doesn't exist. PMOing is drug addiction. The natural tendency is to relieve withdrawal pangs, not to endure them. Even to

hold it at the level you are already at, you would have to exercise willpower and discipline for the rest of your life because as your brain's RC becomes immune to dopamine and opioids, it wants more and more, not less and less. As PMO begins to destroy you physically and mentally, as it gradually breaks down your nervous system, your courage and confidence, your impulse controls, so you are increasingly unable to resist reducing the interval between each session.

That is why in the early days, we can take it or leave it. If we get a sign of something amiss mentally or physically, we just stop. It also explains why someone like me, who never even suffered the illusion of enjoying them, had to go on chain-PMOing even though every time it had become a physical torture. Don't envy that woman. When you PMO only once every twenty four hours it appears to be the most precious thing on earth. The “forbidden fruit syndrome.” For many years that poor woman had been at the centre of a tug of war.

She had been unable to stop PMOing, yet was frightened to escalate to streaming clips. But for twenty-three hours and ten minutes of every one of those days she had to fight the temptation. She also had to fight her own lack of feelings towards her boyfriend. It took tremendous willpower to do what she did and, as I have said, such cases are rare. But it reduced her to tears in the end. Just look at it logically: either there is a genuine crutch or pleasure in PMOing or there isn't. If there is, who wants to wait an hour, or a day, or a week? Why should you be denied the crutch or pleasure in the meantime? If there is no genuine crutch or pleasure, why bother paying visits to your online harem?

Here is another case of a once-in-four-days man. This is how the man described his life:

> *“I am forty years old. I suffered PIED with real women and even when I’d be doing PMO. Most times I am only rubbing it out. It has been a while since I had a full erection. Before going on the one-in-four days porn diet, I used to sleep soundly through the night after my PMO. Now I wake up every hour of the night and all I can think about is PMO. Even when I am sleeping. I dream about my favourite clips. On days after my scheduled PMO I feel pretty down and this diet would take up all my energy. My SO would leave me alone because I am so bad-tempered and if she can’t get out, she will not have me in the house. I go for a jog outside but my mind is obsessed with PMOing. On the schedule day I begin planning earlier in the night. I get very irritated if something happens against my plans. I’d give up on conversation and give in (only to later regret) at work and at home. I am not an argumentative guy but I don’t want the topic or conversation to hold me down. I remember occasions when I’d pick up silly fights with my SO. I then wait for 10 o'clock. When it arrives my hands are shaking uncontrollably. I do not start the deed right away. As there are new videos that has been added, I had to ‘shop’ around. As I click around, my mind tells me that since I had ‘starved’ myself for 4 days I deserve a ‘special’ clip and it has to be worth the time spent searching. Eventually I settle for one or two but then I want it to last so that I can ‘survive’ through the next 4 days. So I take more time to finish the deed.”*

In addition to his other troubles, this poor man has no idea that he treating himself to a poison. First he is suffering the “forbidden fruit syndrome.” Next he is forcing his brain to flush dopamine. His dopamine receptors are not as cut down comparatively either. But he is sliding and greasing the porn slides, seeking and searching for edging, novelty, variety, shock-value, anxiety-value (“I must treat myself so that I can survive the next three days”) etc. You probably have visions of a pathetic imbecile. Not so. This man was over six feet tall and an ex-sergeant in the Marines. He was a former athlete and didn't want to become an addict to anything. However, when he returned from

the war he was trained as a techie in a veterans rehab program. When he entered the civil work force he was a well paid IT professional in a bank and was given a laptop (one of the ways to ensure you take work home). It was the year that famous socialites ‘leaked’ their porn videos online. There was much talk about it. And he got hooked. He has spent the rest of his life paying through the nose and it has ruined him physically and mentally. If he were an animal, our society would have put him out of his misery, yet we still allow mentally and physically healthy young teenagers to become hooked. You may think the above case and my notes are exaggerated. It is extreme but not unique. There are literally thousands of similar stories. That man poured his heart out to me but you can be sure that many of his friends and acquaintances envied him for being a once-a-week man. If you think this couldn't happen to you, STOP KIDDING YOURSELF.

IT IS ALREADY HAPPENING.

In any event, PMOers like other addicts are notorious liars, even to themselves. They have to be. Most casual PMOers indulge far more times and on far more occasions than they will admit to. I have had many conversations with so-called twice-a-week PMOers during which they have done it more than three times that week. If you read the Reddit or No-Fap forums of casual PMOers, they are either counting the days or waiting to fail. You do not need to envy casual PMOers. You do not need to PMO. Life is infinitely sweeter without PMO. One log says...

> *“It started with a simple challenge to not touch my penis for a day. And being unable. I don't think about masturbation anymore. It doesn't cross my mind. That is possible, I promise you. And the riches that await those who are able - they're incredible.”*

Teenagers are generally more difficult to cure, not because they find it difficult to stop but because either they do not believe they are hooked or they are at the primary stage of the trap and suffer from the delusion that they will automatically have stopped before the secondary stage.

I would like particularly to warn parents of children who loathe internet porn not to have a false sense of security. All children loathe the dark sides of porn until they become hooked. You did too at one time. Also do not be fooled by scare campaigns. The trap is the same as it always was. Children know that internet porn is supranormal stimuli but they also know that one ‘visit’ or ‘peek’ will not do it. At some stage they may be influenced by a girlfriend or boyfriend, school friend or work colleague.

You may think that all they need is an education in brain plasticity and that PMO (including even masturbation) acts like a virus in their brain programme to convince them they could never become hooked. I find society's failure to prevent our children from becoming addicted to internet porn and other drugs to be the most disturbing of all the many disturbing facets of addiction. I beg you not to be complacent in this matter. It is necessary to protect youngsters as their brain is more plastic at that age. I strongly urge you to read the YBOP book and educate yourself of the brain science. Even if you suspect your teenager might already be hooked, the book will provide excellent guidance to assist in gaining understanding for someone to escape.

03-26-The YouTube PMOer

The YouTube PMOer should be grouped with casual PMOers but the effects of a YouTube PMOer are so insidious that it merits a separate chapter. It can lead to the breakdown of personal self control. In one case it nearly caused a split for a No-Fap forum user.

> *“I was three weeks into one of my failed attempts to stop. The attempt had been triggered off by my wife's worry about my unreliable hard-ons and lack of interest. I had told her that it was not her and it was just job pressure. She said, 'I know you had handled the work pressure before but how would you feel if you were me and had to watch someone you love systematically destroying themselves?’ It was an argument that I found irresistible, hence the attempt to stop. She knows that I am not cheating - but this in a way is as worse as that (sic). The attempt ended after three weeks after a heated argument with an old friend. It did not register until years afterwards that my devious mind had deliberately triggered off the argument. I felt justly aggrieved at the time but I do not believe that it was coincidence, as I had never argued with this particular friend before, nor have I since. It was clearly the little monster at work. Anyway, I had my excuse. I desperately needed a release of orgasm and it doesn’t matter how. As it happens she was not in the mood right away and I was in an “entitlement” hurry. So I convinced myself that it is OK if I ‘restrict’ myself by avoiding a porn site and just stay this side of the ‘red line’ and watch only YouTube videos. But she ‘came around’ as the night unfolded and wanted to make love. But I was tired and not with all my ‘horsepower.’ I then invented a headache. I could not bear to think of the disappointment this would cause my wife. Then gradually I returned to the old ways, only YouTube became my new harem destination. I remember being quite pleased at the time. I thought, 'well, at least it is cutting my consumption down;’ Eventually she accused me of continuing to ignore her in the bed. I had not realized it but she described the times I had caused an argument and stormed out of the house. At other times I had taken two hours to purchase some minor item and faked a sprain or something. I had made feeble excuses to cop out of the whole wooing her and etc. when I have a reliable online harem it is even more hard.”*

The worst thing about the YouTube PMOer is that it supports the fallacy in the PMOer’s mind that he is being deprived. At the same time, it causes a major loss of self-respect; an otherwise honest person may force himself to deceive his loved one. It has probably happened or is still happening to you in some form.

It happened to me several times. Have you ever watched the TV detective series *Columbo*? The theme of each episode is similar. The villain, usually a wealthy and respected businessman, has committed what he is convinced is the perfect murder and his confidence in his crime remaining undetected receives a boost when he discovers that the rather shabby and unimpressive-looking Detective Columbo is in charge of the case.

Columbo has this frustrating practice of closing the door after finishing his interrogation, having assured the suspect that he is in the clear and before the satisfied look has disappeared from the murderer's face, Columbo reappears with: “just one small point, sir, which I'm sure you can explain...” The suspect stammers and from that point on we know and he knows that Columbo will gradually wear him down. No matter how heinous the crime, from that point on my sympathies were with the murderer.

It was almost as if I were the criminal and that's exactly how those bouts made me feel. The tension of not being allowed to cross the red line to get my porn fix that I “rightly deserve because I am hard working man and why shouldn’t I when every man does it?” entitlement, click, click, clicking on videos that come close to the right one. Longing for the porn tube videos. And then finishing the deed - just a limp rub out, wondering where the pleasure was. The fear of crossing the line losing control. The relief of returning to the bed, immediately followed by the fear that she would toss around and ask for sex. As the “safe” YouTube videos started not to do it for me - desensitization and lack of novelty and the certain knowledge that sooner or later I was bound to visit my favourite online harem. The final humiliation and shame when that certainty became a fact, followed by the immediate return to chain-PMOing.

OH THE JOYS OF BEING A PMO-er!

03-27-A Social Habit?

Health of mind and body are the main reason why we should want to stop but then they always have been. We do not actually need scientific research and knowledge in brain chemistry to tell us that internet porn is addictive and can potentially shatter our lives. These bodies of ours are the most sophisticated objects on the planet and any PMOer knows instantly, from the first session, that the stimulus can go to excess and it can turn poisonous.

The only reason why we ever get involved with internet porn is the PMO's overlap with their evolutionary brain programming. Porn is available for free and it gets streamed 24 hours a day. No risk and no traces and with very high brain rewards. Porn was once considered as harmless but that was when the images were static and involved a trip to the local store for a VHS tape.

Today it is generally considered even by PMOers themselves to be a supra-stimulus and addiction forming. In the old days, the strong man did not admit he masturbated. Jerk is a derogatory term. In every pub or club bar the majority of men would be proudly wanting to take a woman home and have real sex. Today the position is completely reversed for the internet porn addicts. Today's man realizes that he is starting to feel that he doesn't need a woman. This scares him. He bands together online and starts discussing experiences, devise strategies and explore options. Today's strong man does not want to depend on drugs. With the social revolution all PMOers nowadays are giving serious thought to stopping internet porn and masturbation. Today's PMOers consider PMO as an useless and harmful activity.

The most significant trend that I have noticed in forums is the increasing emphasis on the anti-social aspect of PMOing. The days when a man boasted of having sex and orgasms every day is slowly getting replaced with, "why do I need to be a slave for this porn monster when I know 'it' is controlling my wand (and mind)?"

The only reason why people continue to PMO after getting educated is because they have failed to stop or are too frightened to try. There are even talks about no porn, no masturbation and no orgasms - with or without partners. Karezza is discussed widely and people are trying it out. Many aforementioned failures are "fail forwards" and thus somewhat benefiting the people who practice them. Once you start in the no-PMO route you will find your best fit that applies to your life. I strongly encourage devising your own plan on orgasms after understanding and practising the separation of the amative and the propagative parts of sex. I am sure whichever route you take you will see the value of preserving the "seed" by limiting the number of times you flush your brain with chemicals by orgasming. You will then never see porn, sex and orgasms as a pleasure or as a crutch for your emotional ups and downs.

I was reading a Reddit forum by non-PMOers dedicated to quitting not only porn but also masturbation. As I read along I thought. "This is good, I see so many have taken to quitting masturbation and I think that is the right way to quit PMO." However, I found most of the notes pointing to them to try with the Willpower Method. There was a lot of self-pitying as well. Except a few… almost all were not feeling elated and not having the, "yippee I am free from slavery" attitude. Eventually someone broke down - as I unfortunately expected to happen. And the result was a domino effect. All those other PMOers had been sitting there thinking, "surely I can't be the

only PMOer here.” However, they were “failing forward” albeit with a lot of self-torturing as they shut down their browsers but did not shut down the desire and the need. This method is the reverse as - we shut down the desire and the need first before shutting down the browser screen. As every day more and more PMOers leave the sinking ship, so those left on it become terrified they'll be the last.

DON'T LET IT BE YOU!

03-28-Timing

Apart from the obvious point that as it is doing you no good, now is the right time to stop. I believe timing is important. Our society treats internet porn flippantly as a slightly distasteful habit that can not injure your health. It is not. It is drug addiction, a disease and a destroyer of relationships in society. The worst thing that happens in most PMOer's lives is getting hooked on that awful addiction. If they stay hooked, horrendous things happen. Timing is important to give yourself the right to a proper cure.

First of all, identify the times or occasions when PMO appears to be important to you. If you are a businessman and use it for the illusion of relief of stress, pick a relatively slack period; a good idea is to choose your annual holiday. If you PMO mainly during boring or relaxing periods, weekends etc. do the opposite. In any event, take the matter seriously and make the attempt the most important thing in your life.

Look ahead for a period of about three weeks and try to anticipate any event that might lead to failure. Occasions like a conference trip, partner out of town etc. need not deter you, providing you anticipate them in advance and do not feel you will be deprived. Do not attempt to cut down in the meantime as this will only create the illusion that being denied is enjoyable. In fact, it helps to force yourself to watch and have as many PMO sessions as possible. While you are having the last session and that last time, be conscious of the disappointment due to satiation, unfulfilled expectations (porn can never satisfy you), any bodily pain or pain in the genitals, the withdrawal effects, the peevishness and the melancholy. Think how marvellous it will be when you allow yourself to stop doing it.

WHATEVER YOU DO, DON'T FALL INTO THE TRAP OF JUST SAYING, "NOT NOW. LATER," AND PUTTING IT OUT OF YOUR MIND. WORK OUT YOUR TIMETABLE NOW AND LOOK FORWARD TO IT.

Remember you aren't giving anything up. On the contrary: you are about to receive marvellous positive gains.

For years the medical profession viewed porn is harmless without knowing the difference between the tame static porn of yesteryear and the latest VR streaming porn. The problem is this; although every PMOer uses internet porn purely to relieve the brain chemical craving for dopamine, it is not the addiction to the brain chemical itself that hooks the PMOer but the self-brainwashing that results from that addiction. An intelligent person will fall for a confidence trick. But only a fool will go on falling for it once he realizes that it's a confidence trick. Fortunately, most PMOers aren't fools; they only think they are. Each individual PMOer has his own private brainwashing. That is why there appears to be such a wide range of different types of PMOer, which only serves to compound the mysteries.

With the benefit of the original book that used this method to stop smoking, which dealt with nicotine addiction (one of the most quickest and addictive drug known to man) and bearing in mind that the personal logs that I collected from Reddit, NoFap and YBOP blogs and forums, I was agreeably surprised to realize that the philosophy propounded in the original book was still sound.

The accumulated knowledge that was acquired by the original author Alan Carr and by myself the hack-author is how to communicate that knowledge to each individual PMOer. The fact that I know every PMOer can not only find it easy to stop but can actually enjoy the process is not only pointless but exceedingly frustrating unless I can make the PMOer realize it. The original author of the quit smoking book explains some controversial advice:

> *“Many people have said to me: ‘You say, "Continue to smoke until you have finished the book." This tends to make the smoker take ages to read the hook or just not finish it. period. Therefore you should change that instruction.’ This sounds logical, but I know that if the instruction were: ‘Stop immediately,’ some smokers wouldn't even start reading the book. I had a smoker consult me in the early days. He said, ‘I really resent having to seek your help, I know I'm strong-willed. In every other area of my life I'm in control. Why is it that all these other smokers are stopping by using their own willpower, yet I have to come to you?’ He continued, ‘I think I could do it on my own, if I could smoke while I was doing it.’”*

This may sound like a contradiction but I know what the man meant. We think of stopping smoking as something that is very difficult to do. What do we need when we have something difficult to do? We need our little friend. So stopping smoking appears to be a double blow. Not only do we have a difficult task to perform, which is hard enough, but the crutch on which we normally rely on such occasions is no longer available. It didn't occur to me until long after the man had left that my instruction to keep smoking is the real beauty of my method. You can continue to smoke while you go through the process of stopping. You get rid of all your doubts and fears first so when you extinguish that final cigarette you are already a non-smoker and can enjoy being one.

So this book on PMO will also keep the same advice intact. No matter how much I say it will be easy there will be a vast majority who will not be able to accept it due to their personal brainwashing on how difficult it is to quit.

The only chapter that has caused me to question my original advice seriously is this chapter on the matter of the right timing. Above all, I advise that if your special occasions are stress situations at the office then pick a holiday to make an attempt to give up or vice versa. In fact, that isn't the easiest way to do it. The easiest way is to pick what you consider to be the most difficult time to do it, whether it be stress, social, concentration or boredom. Once you've proved that you can cope with and enjoy life in the worst possible situations every other situation becomes easy. But if I gave that as a definite instruction, would you even make the attempt to stop?

Let me use an analogy. My wife and I intend to swim together. We arrive at the pool at the same time but we rarely swim together. The reason is that she immerses one toe and half an hour later she's actually swimming. I cannot stand that slow torture. I know in advance that at some stage, no matter how cold the water is, eventually I'm going to have to brave it. So I've learned to do it the easy way: I dive straight in. Now, assuming that I were in a position to insist that if she didn't dive straight in, she couldn't swim at all. I know that she wouldn't swim at all. Do you see the problem?

From feedback I know that many PMOers have used the original advice I gave on timing to delay what they think will be the “evil day.” My next thoughts were to use the technique that I used for the chapter on the advantages of PMOing, something like: “timing is very important and in the

next chapter I will advise you about the best time for you to make the attempt!" You turn the page over and there is just a huge, "NOW!" That is, in fact, the best advice but would you take it? This is the most subtle aspect of the porn trap. When we have genuine stress in our lives, it's not the time to stop yet if we have no stress in our lives, we have no desire to stop. Ask yourself these following questions:

1. When you got porn the first time, did you really decide then that you would continue to depend on it the rest of your life every day without ever being able to stop? OF COURSE YOU DIDN'T!
2. Are you going to continue the rest of your life every day without ever being able to stop? OF COURSE YOU AREN'T!

So when will you stop? Tomorrow? Next year? The year after? Isn't this what you've been asking yourself since you first realized you were hooked? Are you hoping that one morning you will wake up and just not want to PMO any more? Stop kidding yourself. I waited many many awful years for it to happen to me. With any addiction you get progressively more hooked, not less. You think it will be easier tomorrow? You're still kidding yourself. If you can't do it today, what makes you think it will be easier tomorrow? Are you going to wait until you've actually started to feel getting out of bed is harder than just masturbating? That would be a bit pointless.

The real trap is the belief that now isn't the right time - it will always be easier tomorrow. We believe that we live stressful lives. In fact, we don't. We've taken most genuine stress out of our lives. When you leave your home you don't live in fear of being attacked by wild animals. Most of us don't have to worry where our next meal is coming from or whether we'll have a roof over our head tonight. But just think of the life of a wild animal. Every time a rabbit comes out of its burrow, it is facing Vietnam the whole of its life. But the rabbit can handle it. It's got adrenalin and other hormones and so have we. The truth is, the most stressful periods for any creature are early childhood and adolescence. But 3 billion years of natural selection have equipped us to cope with stress. Many people who have had hard childhoods grew up to lead normal lives.

We are all able to cope with unkind people and the unpleasant parts of life. I don't believe any of my life adversities have left me with any permanent scars; on the contrary, I believe they have made me a stronger person. When I look back on my life there has only been one thing that I couldn't handle and that was my slavery to that damned internet porn.

A few years ago I thought I had all the worries in the world. I was suicidal - not in the sense that I would have jumped off a roof but in the sense that I knew that this mental tug of war would soon kill me. I argued that if this was life with my crutch, life just wouldn't be worth living without it. What I didn't realize was that when you are physically and mentally depressed everything gets you down. Now I feel like a young boy again. Only one thing made the change in my life: I'm now out of the porn pit.

I know it's a cliché to say, "if you haven't got your health, you've got nothing," but it's absolutely true. I used to think that physical fitness fanatics like Gary Player were a pain. I used to claim there's more to life than feeling fit; there's sex, booze and tobacco. That's nonsense. When you feel physically and mentally strong you can enjoy the highs and handle the lows. We confuse responsibility with stress. Responsibility becomes stressful only when you don't feel strong enough

to handle it. The Richard Burtons of this world are physically and mentally strong. What destroys them is not the stresses of life or their jobs, or old age but the lying crutches they turn to which are just illusions. Sadly in his case and for millions like him those lying crutches kill.

Look at it this way. You've already decided that you are not going to stay in the trap the rest of your life. Therefore at some time in your life whether you find it easy or difficult, you will have to go through the process of getting free. PMOing is not a habit or pleasure. It is drug addiction and a disease. We've already established that far from being easier to stop tomorrow, it will get progressively harder. With a disease that's going to get progressively worse, the time to get rid of it is NOW - or as near to now as you can manage. Just think how quickly each week of our lives comes and goes. That's all it takes. Just think how nice it will he to enjoy the rest of your life without that ever-increasing black shadow hanging over you. And if you follow all my instructions, you won't even have to wait five days. You won't only find it easy after closing down your bowser: YOU'LL ENJOY IT!

03-29-Will I Miss The Fun?

No! Once that little porn monster is dead and your body stops craving dopamine and the porn water slides in your brain start to fade due to lack of ‘greasing’, any remaining brainwashing will vanish and you will find yourself both physically and mentally better equipped not only to cope with the stresses and strains of life but to enjoy the good times to the full.

There is only one danger and that is the influence of those who still use sex as their lying crutch and damned pleasure. “The other man's grass is always greener,” is commonplace in many aspects of our lives and is easily understandable. Why is it in the case of PMOing, where the disadvantages are so enormous as compared with even the illusory ‘advantages,’ that the ex-PMOer tend to envy the man or woman who appears to demand sex and use porn for pleasure and a crutch?

With all the brainwashing of our childhood it is quite understandable that we fall into the trap. Why is it that, once we realize what a mug's game it is and many of us manage to kick the habit, we walk straight back into the same trap? It is the influence of society's brainwashing of porn being conflated with sex and presented as normal. The ex-PMOer has a pang! The insecure void feelings of them being single, which in itself is not a crime anyway, causes anxiety and cues them to PMO water slide. This is indeed a curious anomaly, particularly if you consider this piece of observation: not only is every non-PMOer in the world happy to be a non-PMOer but every PMOer in the world, even with his warped, addicted, brainwashed mind suffering the delusion that he enjoys it or it relaxes him, wishes he had never become hooked in the first place. So why do some ex-PMOers envy the PMOer on these occasions? There are two reasons.

1. “Just one peek.” Remember; it doesn't exist. Stop seeing that isolated occasion and start looking at it from the point of view of the PMOer. You may be envying him but he doesn't approve of himself: he envies you. If only you could somehow watch (clinically) another PMOer. They can be the most powerful boost of all to help you of it. Notice how quickly they open many tabs and many windows of their browsers? They fast forward to their important minutes. How quickly they get bored of some clips and how quickly they run through the gamut of genres producing novelty, shock, anxiety, worry etc. Notice particularly that not only is he/she not aware that he or she is PMOing but even the act of masturbation appears to be automatic. Remember, he is not enjoying it; it's just that he cannot enjoy himself without it. Particularly remember that when he leaves to go to sleep after his visit he is drained of energy. The next morning, when he wakes up with a weakened will, lost energy, bleary eyes, he is going to have to carry on choking himself at the first appearance of stress and strain. The next time he has a pain in the penis, the next ED episode or a fading penetration when he is in the company of a non-PMOer, he has to continue this lifetime chain of paying through the nose just for the privilege of destroying himself physically and mentally. He is facing a lifetime of filth, bad mental health, stained confidence, a lifetime of slavery, a lifetime of destroying himself, a lifetime of black shadows at the back of his mind. And all of this is to achieve what purpose? The lying illusion if getting what you ‘deserve’ and the damned pleasure?
2. The second reason why some ex- PMOers have pangs on these occasions is because the PMOer is doing something i.e. self pleasuring and the non-PMOer is not, so he tends to feel

deprived. Get it clear in your mind before you start: it is not the non-PMOer who is being deprived. It is the poor PMOer who is being deprived of:

- HEALTH
- ENERGY
- MONEY
- CONFIDENCE
- PEACE OF MIND
- COURAGE
- TRANQUILLITY
- FREEDOM
- SELF-RESPECT.

Get out of the habit of envying PMOers and start seeing them as the miserable, pathetic creatures they really are. I know: I was the one of the world's worst. That is why you are reading this book and the ones who cannot face up to it, who have to go on kidding themselves, are the most pathetic of all.

You wouldn't envy a heroin addict. Like all drug addiction, yours won't get better. Each year it will get worse and worse. If you don't enjoy being a PMOer today, you'll enjoy it even less tomorrow. Don't envy other PMOers. Pity them. Believe me: THEY NEED YOUR PITY.

03-30-Can I Compartmentalize?

This is another myth about PMOing spread mainly by PMOers who, when attempting to stop on the Willpower Method, substitute mental gymnastics - they propose to act -Jekyll and Hyde: “Porn is for my alter ego side and real life romance is for my relationship side.” Nothing is further from the truth. The porn waterslides - the deltaFosBs and all the brain changes are going to overrun the real life romance and will make it less desirable. Mr Hyde is most definitely going to overrule Dr. Jekyll’s instructions.

If you use internet porn, you may be training yourself for the role of voyeur or to need the option of clicking to something more arousing at the least drop in your dopamine levels, or to search and search for just the right scene for maximum effect. Also, you may be masturbating in a hunched-over position – or watching your smartphone in bed nightly. You will eventually desire those cues more than the real life action. The thing that goes against real sex is the lack of novelty, variety, ‘harem’ like 24/7 quick delivery etc. and so it stands no chance compared to your online harem. The younger you were when you started on PMO the longer to rewire and break down those ‘porn water slides’ and get back those ‘real water slides’ if there were any from the past or create new ones. Also powerful and lasting are the associated memories from when you were young.

Every time you take a ride on the ‘porn water slide’ you are ‘greasing’ it - keeping the nerves fresh. When you park next to a fast food restaurant the smell of the fries floats from the pan into your nostrils and the sale was already made. Likewise, the porn water slides in your brain are there for you to get sucked in and they are open 24 hours a day. Each of these cues, or triggers, can now light up your reward circuit with the promise of sex... only it isn't sex. Nevertheless, nerve cells may solidify these associations with sexual arousal by sprouting new branches to strengthen the connections. The more you use porn the stronger the nerve connections can become, with the result that you may ultimately need to be a voyeur, need to click to new material, need to climax to porn to get to sleep, or need to search for the perfect ending just to get the job done.

As with any substance or behavioural drug, after a while the body becomes immune and the “drug” ceases to relieve the withdrawal pangs completely. As soon as we close a session, the addict wants another one very soon and he has a permanent hunger. The natural inclination is eventually to ‘escalate’ just to get the dopamine rush. However, most PMOers are prevented from doing this for one, or both, of two reasons.

1. Money - they cannot afford to subscribe to paid porn sites.
2. Health - There is only so much the body can take - either the motivator dopamine surges or the orgasms. And orgasms actually trigger anti-dopamine chemicals to cut down the dopamine flush. It has to - that is the way the body works.

Once that little monster leaves your body the awful feeling of insecurity ends. Your confidence returns, together with a marvellous feeling of self-respect. You obtain the assurance to take control of your life, not only in your other habits but also in all other ways. This is one of the many great advantages of being free from any addiction.

As I have said, the ‘compartment’ myth is due to one of many tricks that the little monster

plays with your mind. In fact, these tricks do not make it easier to stop, they make it harder. The PMOer is therefore left with a permanent hunger that he can never satisfy. This is why many PMOers turn to cigarettes, heavy drinking or even harder drugs in order to satisfy the void.

I had suggested watching porn with one of my partners. But eventually I noticed it did not enhance my arousal at all. The sex was not better. I realized that it actually diminished my attraction towards her. We humans are rating animals - we always self rate and other rate. I am sure she rated me against the male porn start too. Why take chances? Do you want Brad Pitt in your bedroom, even if he is in a poster ? No one man or woman can match a harem where each ‘experience’ is acted, scripted and directed by professionals and at the ready 24 hours a day.

03-31-Avoid False Incentives

Many PMOers, while trying to stop on the Willpower Method, attempt to increase their motivation by building up false incentives. There are many examples of this, a typical one is, “I will reward myself with a gift after no-PMO for a month.” This appears to be a logical and sensible approach but in fact it is false because any self-respecting PMOer would rather continue PMOing every day than receive a “self given gift.” In any case there is a doubt in the PMOer’s mind because not only will she have to abstain for thirty days but will she even enjoy the days without a PMO? Her only pleasure or crutch is taken away! All this does is to increase the size of the sacrifice that the PMOer feels she is making, which makes it even more precious in her mind.

Other examples: “I'll stop PMO so that I will force myself to get a social life and seek more sex in real life” OR “I’ll stop so some magical energy will help me to leap above the competitors and get this woman I pursue” OR “I commit to not waste my energy and enthusiasm in PMO, so I can grow enough hunger in myself.” These are true and can be effective and you may end up getting what you want. But think about it for a second - if you do get what you had wanted, once the novelty has gone you will feel deprived - if you didn’t then you will feel miserable and either way sooner or later you will fall for the trap again.

Another typical example is online or forum pacts. These have the advantage of eliminating temptation for certain periods. However, they generally fail for the following reasons:

1. The incentive is false. Why should you want to stop just because other people are doing so? All this does is to create an additional pressure, which increases the feeling of sacrifice. It is fine if all PMOers genuinely want to stop at one particular time. However, you cannot force PMOers to stop and although all PMOers secretly want to, until they are ready to do so a pact just creates additional pressure, which increases their desire to PMO. This turns them into secret PMOers, which further increases the feeling of dependency.
2. The “Rotten Apple” theory or dependency on each other. Under the Willpower Method of stopping, the PMOer is undergoing a period of penance during which he waits for the urge to PMO to go. If he gives in, there is a sense of failure. Under the Willpower Method one of the participants is bound to give in sooner or later. The other participants now have the excuse they have been waiting for. It's not their fault. They would have held out. It is just that ‘Fred’ has let them down. The truth is that most of them have already been cheating.
3. “Sharing the credit” is the reverse of the “Rotten Apple” theory. Here the loss of face due to failure is not so bad when shared. There is a marvellous sense of achievement in stopping PMOing. When you are doing it alone the acclaim you receive from your friends and online buddies can be a tremendous boost to help you over the first few days. When everybody is doing it at the same time the credit has to be shared and the boost is consequently reduced.
4. Another classic example of false incentives is the guru promise. When I was younger it would make me feel angry if you’d call me a saint. It is a cuss word. Stopping will give you happiness as you are not engaged in the tug of war and your brain is starting to re-wire and regain impulse controls and all that. However you must keep in mind that none of this will make you a sex god or win a lotto. No one, except you, cares if you stop PMO. You are not a

weak person either if you are doing PMO three times a day and have PIED. And you are not a strong person if you are an addict and don’t have PIED.

Stop kidding yourself. If the job offer that I mentioned before, of 10 months work for 12 months salary a year won't stop him. Or if the risks of cutting down your brain’s capacity to cope with just any normal day-to-day stress and strains or if putting yourself at odds with having a reliable erection, or if the lifetime of mental and physical torture and slavery did not stop him or her - the above said few phoney incentives will not make the slightest bit of difference. They will only make the sacrifice appear worse. Instead concentrate on the other side:

“What am I getting out of it? Why do I need to PMO?”

Keep looking at the other side of the tug of war. What is PMOing doing for me? ABSOLUTELY NOTHING. Why do I need to do it? YOU DON'T! YOU ARE ONLY PUNISHING YOURSELF. Try looking at it from the Pascal’s Wager perspective. You have almost nothing to lose (a rub-out with half arousals) for sure, chances of big profits (a full and reliable arousal, mental well being and happiness) and no chance of losing big (unreliable full arousals, premature ejaculations, fading penetrations, loss of general impulse controls, lower tolerance for frustrations and anger).

Why not declare your quitting to friends and family? Well, it will make you a proud ex-addict, ex-PMOer, not an elated and happy non-PMOer. It will scare your partner a bit since they may see this as an effort to have more sex, sort of a new-age thing. They may also fear to lose you if this turns you into sex machine. It is hard to explain to them unless they are open minded.

Any attempt to get others to help you in your quitting gives more power to the little monster of addiction. Pushing it from your mind and totally ignoring it has the effect of trying NOT to think of it. As soon as you spot the thoughts, when you hit the cues (home alone) or just absent minded thoughts - just say to yourself: “Great, I don’t have to do it like a slave animal. I am free. I am happy to know the differences in sex.” This will cut the life of the thought and will deny oxygen to it and will stop it from burning towards urges and cravings.

03-32-The Easy Way To Stop

This chapter contains instructions about the easy way to stop PMO. Providing you follow the instructions, you will find that stopping ranges from relatively easy to enjoyable! But remember the definition of a brunette: “a girl who didn't read the instructions on the bottle.” It is ridiculously easy to stop PMO. All you have to do is two things:

1. Make the decision that you are never going to PMO again.
2. Don't mope about it. Rejoice.

You are probably asking, “Why the need for the rest of the book? Why couldn't you have said that in the first place?” The answer is that you would at some time have moped about it and consequently sooner or later, you would have changed your decision. You have probably already done that many times before.

As I have already said, the whole business of PMOing is a subtle, sinister trap. The main problem of stopping isn't the dopamine addiction (it is a problem but not the main) but the brainwashing and it is necessary first to explode all the myths and delusions. Understand your enemy. Know his tactics and you will easily defeat him. I've spent most of my life trying to stop PMOing and I've suffered weeks of black depression. When I finally stopped I went to zero without one bad moment. It was enjoyable even during the withdrawal period, and I have never had the slightest pang since. On the contrary, it is the most wonderful thing that has happened in my life.

I couldn't understand why it had been so easy and it took me a long time to find out the reason. It was this. I knew for certain that I was never going to PMO again. During previous attempts, no matter how determined I was, I was basically trying to stop PMOing, hoping that if I could survive long enough without a session of PMO the urges would eventually go. Of course they didn't go because I was waiting for something to happen and the more I moped about it, the more I wanted to visit my internet harem, so the craving never went.

My final attempt was different. Like all PMOers nowadays, I had been giving the problem serious thought. Up to then, whenever I failed, I had consoled myself with the thought that it would be easier next time. It had never occurred to me that I would have to go on PMOing the rest of my life. This latter thought filled me with horror and started me thinking very deeply about the subject.

Instead of firing up my browser subconsciously, I began to analyse my feelings as I was looking at the screen. This confirmed what I already knew, I wasn't enjoying them and they were filthy and disgusting. I started looking at non-PMOers - the ones that live in some other part of the world or the older people who never got to know the tube sites. Until then I had always regarded non-PMOers as wishy-washy, unsociable, finicky people. However, when I examined them they appeared, if anything, stronger and more relaxed. They appeared to he able to cope with the stresses and strains of life, and they seemed to enjoy social functions more than the PMOers. They certainly had more sparkle and zest than PMOers.

I started talking to ex-PMOers. Up to this point I had regarded them as people who had been forced to give up PMO for health and religious reasons and who were always secretly longing for a harem visit. A few did say, “You get the odd pangs but they are so few and far between they aren't

worth bothering about." But most said, "Miss it? You must be joking! I have never felt better in my life." Even failures were fail forwards for them. They did not condemn themselves. It was easier for them to unconditionally accept themselves. Like a coach who will accept a mistake by a genuinely golden player. Talking to ex-PMOers exploded another myth that I had always had in my mind. I had thought that there was an inherent weakness in me and it suddenly dawned on me that all PMOers go through this private nightmare.

Basically I said to myself, "Scores of people are stopping now and leading perfectly happy lives. I didn't need to do it before I started and I can remember having to work hard to get used to this filth. So why do I need to do it now?" In any event I didn't enjoy PMO, I hated the whole filthy ritual and I didn't want to spend the rest of my life being the slave of this disgusting porn addiction. I then said to myself:

> *"WHETHER YOU LIKE IT OR NOT. YOU HAVE COMPLETED YOUR LAST PMO VISIT"*

I knew, right from that point, that I would never PMO again. I wasn't expecting it to be easy; in fact, just the reverse. I fully believed that I was in for months of black depression and that I would spend the rest of my life having the occasional pang. Instead it has been absolute bliss right from the start.

It took me a long time to work out why it had been so easy and why this time I hadn't suffered those terrifying withdrawal pangs. The reason is that they do not exist. It is the doubt and uncertainty that causes the pangs. The beautiful truth is: IT IS EASY TO STOP PMO. It is only the indecision and moping about it that makes it difficult. Even while they are addicted to porn, PMOers can go for relatively long periods at certain times in their lives without bothering about it. It is only when you want it but can't have one that you suffer.

Therefore the key to making it easy is to make stopping certain and final. Not to hope but to know you have kicked it, having made the decision. Never to doubt or question it. In fact, just the reverse - always to rejoice about it. If you can be certain from the start, it will be easy. But how can you be certain from the start unless you know it is going to be easy? This is why the rest of the book is necessary. There are certain essential points and it is necessary to get them clear in your mind before you start:

1. Realize that you can achieve it. There is nothing different about you and the only person who can make you PMO is you. Not that star, she would never in her dreams thought about herself being used for reducing a man's virility.
2. There is absolutely nothing to give up. On the contrary, there are enormous positive gains to be made. I do not only mean you will be healthier and richer. I mean you will enjoy the good times more and be less miserable during the bad times.
3. Get it clear in your head that there is no such thing as a peek or visit. PMOing is a drug addiction and a chain reaction. By moaning about the odd PMO you will only be punishing yourself needlessly.
4. See the whole business of PMOing not as a "boys-will-be-boys" habit that might injure you but as drug addiction. Face up to the fact that, whether you like it or not, YOU HAVE GOT

THE DISEASE. It will not go away because you bury your head in the sand. Remember: like all crippling diseases, it not only lasts for life but gets worse and worse. The easiest time to cure it is now.

5. Separate the disease (i.e. the brain chemical addiction) from the frame of mind of being a PMOer or a non-PMOer. All PMOers, if given the opportunity to go back to the time before they became hooked, would jump at that opportunity. You have that opportunity today! Don't even think about it as 'giving up' PMOing.

When you have made the final decision that you have had your last PMO you will already be a non-PMOer. A PMOer is one of those poor wretches who have to go through life destroying themselves with porn. A non-PMOer is someone who doesn't. Once you have made that final decision, you have already achieved your object.

Rejoice in the fact. Do not sit moping waiting for the chemical addiction to go. Get out and enjoy life immediately. Life is marvellous even when you are addicted and each day it will get so much better when you aren't.

The key to making it easy to quit PMOing is to be certain that you will succeed in abstaining completely during the withdrawal period (maximum three weeks). If you are in the correct frame of mind, you will find it ridiculously easy.

By this stage, if you have opened your mind as I requested at the beginning, you will already have decided you are going to stop. You should now have a feeling of excitement, like a dog straining at the leash, unable to wait to break down those brain DeltaFosB porn water slides. If you have a feeling of doom and gloom, it will be for one of the following reasons:

1. Something has not gelled in your mind. Re-read the above five points, and ask yourself if you believe them to be true. If you doubt any point, re-read the appropriate sections in the book.
2. You fear failure itself. Do not worry. Just read on. You will succeed. The whole business of internet porn is like a confidence trick on a gigantic scale. Intelligent people fall for confidence tricks but it is only a fool who having once found out about the trick goes on kidding himself.
3. You agree with everything but you are still miserable. Don't be! Open your eyes. Something marvellous is happening. You are about to escape from the prison. It is essential to start with the correct frame of mind: isn't it marvellous that I am a non-PMOer!

All we have to do now is to keep you in that frame of mind during the withdrawal period, and the next few chapters deal with specific points to enable you to stay in that frame of mind during that time. After the withdrawal period you won't have to think that way. You will think that way automatically, and the only mystery in your life will be: “It is so obvious, why couldn't I see it before?” However, two important warnings:

1. Delay your plan to make your last visit until you have finished the book.

2. I have mentioned several times a withdrawal period of up to three weeks. This can cause misunderstanding. First, you may subconsciously feel that you have to suffer for three weeks. You don't. Secondly, avoid the trap of thinking, “Somehow I have just got to abstain for three weeks and then I will be free.” Nothing magic will actually happen after three weeks. You won't suddenly feel like a non-PMOer. Non-PMOers do not feel any different from PMOers. If you are moping about stopping during the three weeks, in all probability you will still be moping about it after the three weeks. What I am saying is, if you can start right now by saying, “I am never going to PMO again. Isn't it marvelous?” After three weeks all temptation will go. Whereas if you say, “If only I can survive three weeks without a PMO,” you will be dying for a harem visit after the three weeks are up.

Sexual dysfunction has a lot to do with your brain and your mind frame. Internet Porn rewires your brain’s reward circuit and gives your mind a ‘doubting’ mind frame. This self doubt will undoubtedly cause your sexual dysfunctions. Having all the desire in your upper part but putting up no arousal in your lower part is the worst thing to happen to your mind frame. Libido going hand in hand with romance is the elixir of youth that you can have until you die. You will keep the probabilities high by quitting. But that is not the only or the major gain in all this. It is your freedom from slavery.

03-33-The Withdrawal Period

For up to three weeks after your last PMO session you may be subjected to withdrawal pangs. These consist of two quite separate factors:

1. The withdrawal pangs of dopamine, that empty, insecure feeling, like a hunger, which PMOers identify as a craving or “something I must to do” feeling.
2. The psychological trigger of certain external stimuli such as a commercial, online browsing, a telephone conversation etc.

It is the failure to understand and to differentiate between these two distinct factors that makes it so difficult for PMOers to achieve success on the Willpower Method and it's also the reason why many who do achieve it fall into the trap again.

Although the withdrawal pangs of dopamine flush cause no physical pain, do not underestimate their power. We talk of “hunger pains” if we go without food for a day; there may be “tummy rumblings” but there is no physical pain. Even so, hunger is a powerful force and we are likely to become very irritable when deprived of food. It is similar when our body is craving it’s dopamine rush. The difference is that our body needs food but it doesn't need poison and with the right frame of mind the withdrawal pangs are easily overcome and disappear very quickly.

If PMOers can abstain for a few days on the Willpower Method the craving for dopamine flush soon disappears. It is the second factor that causes the difficulty. The PMOer has got into the habit of relieving his withdrawal pangs at certain times or occasions, which causes an association of ideas (e.g. “I got a hard on so I must PMO” or “I am on the bed with my laptop and I must PMO to feel happy”). It may be easier to understand the effect with the help of an example.

You have a car for a few years and let's say the indicator lever is on the left of the steering column. On your next car it is on the right (the law of sod). You know it is on the right but for a couple of weeks you put the windscreen wipers on whenever you want to indicate.

Stopping PMO is similar. During the early days of the withdrawal period the trigger mechanism will operate at certain times. You will think, “I want to PMO.” It is essential to counter the brainwashing right from square one then these automatic cues and triggers will quickly disappear. Under the Willpower Method, because the PMOer believes he is making a sacrifice, he is moping about it and is waiting for the urge to PMO to go - far from removing these trigger mechanisms he is actually increasing them. And under the Mystic Method the PMOer starts to wonder when he is going to become a God and even demand from himself that he should not even have those ‘bad’ thoughts - this paves the way for self-loathing and failure.

A common trigger is alone time - particularly one at a social event with friends. The ex-PMOer (using other methods) is already miserable because he is being deprived of his usual pleasure or crutch. His friends are with their partners and are acting intimate. He is either single or is not ‘getting’ any from his wife for whatever reasons. Now he is not enjoying the meal or what should be a pleasant social occasion. His ready made brain ‘porn water slides’ lead him to porn as it is easier than either trying to woo his wife.

Because of his association of his entitlement to sex with his well being he is now suffering a

triple blow and the brainwashing is actually being increased. If he is resolute and can hold out long enough he eventually accepts his lot and gets on with his life. However, part of the brainwashing remains and I think the second most pathetic thing about PMOing is the PMOer who has given up for health or money reasons, yet even after several years still craves “just one visit to the harem” on certain occasions. He is pining for an illusion that exists only in his mind and is needlessly torturing himself.

Even under my method responding to triggers is the most common failing. The ex-PMOer tends to regard the internet porn as a sort of placebo or sugar pill. He thinks: “I know the porn does nothing for me but if I think it does then on certain occasions it will be a help to me.”

A sugar pill, although giving no actual physical help, can be a powerful psychological aid to relieve genuine symptoms and is therefore a benefit. Internet porn, the habitual masturbation, however, are not sugar pills. Why? Porn creates the symptoms that it relieves and after a while ceases even to relieve these symptoms completely; the “pill” is causing the disease and quite apart from that it also happens to be the No. 1 killer poison in a man’s or a woman’s quest for love and relationships.

You may find it easier to understand the effect when related to a non-PMOer or a successful PMOer who has quit for several years. Take the case of a PMOer who loses his partner. It is quite common at such times, with the best intentions, to say, “Have just one harem visit. It will help calm you down.” If the offer is accepted, it will not have a calming effect because the man is not addicted to dopamine and there are no withdrawal pangs to relieve. At best all it will do is to give him a momentary psychological boost.

Even after the “deed” is over, the original tragedy is still there. In fact, it will be increased because the person is now suffering withdrawal pangs and his choice is now either to endure them or to relieve them by repeating the ‘porn water slide’ rides and start the chain of misery. All the porn will have done is to give a momentary psychological boost. The same effect could have been achieved by reading a book or watching a feel-good movie, even a bad one at that. Many non-PMOers and ex-PMOers have become addicted to the porn as a result of such occasions. It is essential to counter the brainwashing right from the start. Get it quite clear in your head: you don't need the dopamine rush and you are only torturing yourself by continuing to regard it as some sort of prop or boost. There is no need to be miserable.

Orgasms do not make good relations; they at most times ruin them. Remember too that it is not entirely true at all times the men and women who show public display of intimacy are enjoying it at all times. Intimacy is best enjoyed in private where both partners can respond without embarrassments. You don’t have to be an orgasm induced dopamine addict. If it happens as a natural result of a series of life events, fine- if not No Big Deal. You enjoy the occasion and life without it.

Abandon the concept of the PMOing habit as pleasurable in itself, Many PMOers think, “If only there was clean internet porn.” There is clean soft porn. Any PMOer who tries it soon finds out it is a waste of time. Get it clear in your mind that the only reason you have been PMOing is to get the dopamine flush. Once you have got rid of the craving for PMO you will have no more need to visit your online harem.

Whether the pangs are due to actual withdrawal symptoms (the empty feeling) or a trigger/cue mechanism, accept it. The physical pain is non-existent and with the right frame of mind it will not be a problem. Do not worry about withdrawal. The feeling itself isn't bad. It is the association with wanting and then feeling denied that is the problem.

Instead of moping about it, say to yourself, “I know what it is. It's the withdrawal pang from PMO. That's what PMOers suffer all their lives and that's what keeps them PMOing. Non-PMOers do not suffer these pangs. It is another of the many evils of this lying habit. Isn't it marvellous I am purging this evil from my brain?”

In other words, for the next three weeks you will have a slight trauma inside your body but during those weeks and for the rest of your life something marvellous will be happening. You will be ridding yourself of an awful disease. That bonus will more than outweigh the slight trauma and you will actually enjoy the withdrawal pangs. They will become moments of pleasure. Think of the whole business of stopping as an exciting game. Think of the porn monster as a sort of tape worm inside your stomach. You have got to starve him for three weeks and he is going to try to trick you into getting to bed to keep him alive.

At times he will try to make you miserable. At times you will be off guard. You will receive a porn URL and you may forgot that you have stopped. There is a slight feeling of deprivation when you remember. Be prepared for these traps in advance. Whatever the temptation, get it into your mind that it is only there because of the monster inside your body and every time you resist the temptation you have dealt another mortal blow in the battle.

Whatever you do, don't try to forget about PMO. This is one of the things that causes PMOers using the Willpower Method hours of depression. They try to get through each day hoping that eventually they'll just forget about it. It is like not being able to sleep. The more you worry about it, the harder it becomes. In any event you won't be able to forget about it. For the first few days the “little monster” will keep reminding you and you won't be able to avoid it; while there are still laptops, smartphones and magazines etc. about, you will have constant reminders.

The point is you have no need to forget. Nothing bad is happening. Something marvellous is taking place. Even if you are thinking about it a thousand times a day, SAVOR EACH MOMENT. REMIND YOURSELF HOW MARVELOUS IT IS TO BE FREE AGAIN. REMIND YOURSELF OF THE SHEER JOY OF NOT HAVING TO TORTURE YOURSELF ANYMORE. As I have said, you will find that the pangs become moments of pleasure, and you will be surprised how quickly you will then forget about internet porn.

Whatever you do DO NOT DOUBT YOUR DECISION. Once you start to doubt, you will start to mope and it will get worse. Instead use the moment as a boost. CONVERT MOPE TO BOOST. If the cause is depression then remind yourself that's what the internet porn and PMO were doing to you. If you are forwarded a URL by a friend, take pride in saying, “I'm happy to say I do not need them any more.” That will hurt him but when he sees that it isn't bothering you he will be halfway to joining you.

Remember that you had very powerful reasons for stopping in the first place. Remind yourself of the costs and ask yourself whether you really want to risk too much of those fearful ‘malfunctions’ of your ‘equipage’ which is not the greatest loss if you ask me - but the most

important loss of mental happiness and well being - of not living under a ‘spell’. This is called ‘referenting’ or spotting of the minimizing efforts of the monster about the hazards. Above all, remember that the feeling is only temporary and each moment is a moment nearer to your goal.

Some PMOers fear that they will have to spend the rest of their lives reversing the 'automatic triggers'. In other words, they believe that they will have to go through life kidding themselves that they don't really need PMO by the use of psychology. This is not so. Remember that the optimist sees the bottle as half full and the pessimist sees it as half empty. In the case of PMO, the bottle is empty and the PMOer sees it as full. There are just no advantages with internet porn and PMO. It is the PMOer who has been brainwashed. Once you start telling yourself that you don't need to orgasm using PMO, in a very short time you won't even need to say it because the beautiful truth is... you do not need to PMO. It's the last thing you need to do; make sure it's not the last thing you do.

03-34-Just One Peek

This is the undoing of many PMOers who try to stop on the Willpower Method. They will go through three or four days and then have the odd peek or a PMO or two to tide them over. They do not realize the devastating effect this has on their morale.

For most PMOers that first peek at the tube site harem was not as good as sex with a real person. The clips that are clean are far in between. This gives their conscious minds a boost. They think, “Good. That wasn't entirely all that enjoyable. I am losing the urge to PMO and I am not that much into the shocking stuff.” In fact, the reverse is the case. Get it clear in your mind - enjoyment of orgasm wasn't the reason why you hit porn. If PMOers were there for orgasm alone, they'd never watch more than one clip. The only reason why you PMO was to feed that little monster. Just think: you had starved him for four days. How precious that one peek must have been to him. You are not aware of it in your conscious mind but the fix your body received will be communicated to your subconscious mind and all your sound preparation will be undermined. There will be a little voice at the back of your mind saying, “In spite of all the logic they are precious. I want another one.”

That little peek has two damaging effects:

1. It keeps the little monster alive in your body.
2. What's worse, it keeps the big monster alive in your mind. If you had the “last peek”, it will be easier to have the next one.

Above all, remember:

“Just one peek” is how people get into PMO addiction in the first place.

03-35-Will It Be Harder For Me?

The combinations of factors that will determine how easily each individual PMOer will quit are infinite. To start with, each of us has his own character, type of work, personal circumstances, timing, etc. Certain professions may make it harder than others but providing the brainwashing is removed it doesn't have to be so. A few individual examples will help.

It tends to be particularly difficult for members of the medical profession. We think it should be easier for doctors because they are more aware of the effects of ill- health and are seeing daily evidence of it. Although this supplies more forceful reasons for stopping, it doesn't make it any easier to do. The reasons are these:

1. The constant awareness of the health risks creates fear which is one of the conditions under which we need to relieve our withdrawal pangs.
2. A doctor's work is exceedingly stressful and he is usually not able to relieve the additional stress of withdrawal pangs while he is working.
3. He has the additional stress of guilt. He feels that he should be setting an example for the rest of the population. This puts more pressure on him and increases the feeling of deprivation.

After his hard day at work, when the stress is momentarily relieved by PMO, that session becomes wrongly attached to the relief experienced. Because of this mis-association of ideas the porn and the PMO gets credit for the total situation. It becomes very precious when he eventually quits and goes through his withdrawal pangs. This is a form of casual PMO and applies to any situation where the PMOer is forced to abstain for lengthy-periods. Under the Willpower Method the PMOer is miserable because he is being deprived. He is not enjoying the tiredness and sleep that goes after a PMO. His sense of loss is therefore greatly increased. However, if you can first remove the brainwashing and stop moping about the PMO, the break and the sleep can still be enjoyed even while the body is craving the amine transmitters - serotonin, norepinephrine and dopamine.

Another difficult situation is boredom, particularly when it is combined with periods of stress. Typical examples are students and single parents. The work is stressful, yet much of the work is monotonous. During an attempt to stop on the Willpower Method the single person has long periods in which to mope about his or her “loss” which increases the feeling of depression. Again this can be easily overcome if your frame of mind is correct. Do not worry that you are continually reminded that you have stopped PMOing. Use such moments to rejoice in the fact that you are ridding yourself of the evil monster.

If you have a positive frame of mind these pangs can become moments of pleasure. Remember any PMOer, regardless of age, sex, intelligence or profession, can find it easy and enjoyable to stop provided ***YOU FOLLOW ALL THE INSTRUCTIONS***.

03-36-The Main Reasons For Failure

There are two main reasons for failure. The first is the influence of external stimuli - a commercial, online news articles, internet browsing etc. At a weak moment or even during a social occasion somebody will get intimate with their partner. I have already dealt with this topic at length. Use that moment to remind yourself that there is no such thing as one visit or one peek. Rejoice in the fact that you have broken the chain of mental slavery. Remember that the PMOer envies you, and feel sorry for him. Believe me, he needs your pity. The other main reason for failure is having a bad day. Get it clear in your mind before you start that, whether you are a PMOer or a non-PMOer, there are good days and bad days. It rains for both the pope and the murderer.

Life is a matter of relativity and you cannot have ups without having downs. The problem with the Willpower Method of stopping is that as soon as the PMOer has a bad day he starts moping for his ‘harem’ visit and all that does is make a bad day worse. The non-PMOer is better equipped, not only physically but also mentally, to cope with the stresses and strains of life. If you have a bad day during the withdrawal period just take it on the chin. Remind yourself that you had bad days when you were addicted (otherwise you wouldn't have decided to stop). Instead of moping about it, say to yourself something like, “OK, today's not so good but masturbating is not going to cure it. Tomorrow will be better and at least I have got a marvellous bonus at the moment. I have kicked that awful PMO habit.”

When you are a PMOer you have to block your mind to the bad side of PMO. PMOer never have brain fog just “a bit down.” When you are having life’s inevitable troubles you want to PMO but are you happy and cheerful? Of course you aren't. Once you stop, the tendency is to blame everything that goes wrong in your life on the fact that you have stopped.

Now if your work stresses you out you think, “At times like this I would have PMOed.” That's true but the important thing you forget is that the PMO didn't solve the problem and you are simply punishing yourself by moping for an illusory crutch. You are creating an impossible situation. You are miserable because you can't have the porn and masturbation yet you'll be even more miserable if you do. You know that you have made the correct decision by stopping PMO so why punish yourself by ever doubting the decision?

Remember: A positive mental approach is essential - always.

03-37-Substitutes

Substitutes include restricting to porn magazines, static internet images, going on a porn-diet* etc. **DO NOT USE ANY OF THEM.** They make it harder, not easier. If you do get a pang and use a substitute it will prolong the pang and make it harder. What you are really saying is, “I need to PMO to fill the void.” It will be like giving in to a hijacker or the tantrums of a child. It will just keep the pangs coming and prolong the torture. In any event the substitutes will not relieve the pangs. Your craving is for amino acids in the brain. All it will do is keep you thinking about PMOing. Remember these points:

1. There is no substitute for PMO.
2. You do not need porn or PMO. It is not food; it is poison. When the pangs come remind yourself that it is PMOers who suffer withdrawal pangs, not non-PMOers. See them as another evil of the drug. See them as the death of a monster.
3. Internet porn create the void; they do not fill it. The quicker you teach your brain that you do not need to PMO, or do anything else in its place, the sooner you will be free. In particular avoid anything that resembles porn, men’s magazines, movies, novels, commercials. Please don’t tell me that I am being closed minded. It is OK to talk romance and sex but not porn. If you look there will be a way to find when and where to discriminate. It is true that a small proportion of PMOers who attempt to quit using “soft porn” or a porn-diet do succeed (in their own self-analyses) and attribute their success to such use. However they quit in spite of their use and not because of it. It is unfortunate that many still recommend the porn-diet.

** porn diet: orgasming using porn only once in n number of days.*

This is not surprising because if you don't fully understand the porn trap, a diet or soft substitutes sound very logical. It is based on the belief that when you attempt to quit PMO, you have two powerful enemies to defeat:

1. To break the habit.
2. To survive the terrible physical withdrawal pains.

If you have two powerful enemies to defeat it is sensible not to fight them simultaneously but one at a time. So the theory is that you first stop using porn but continue to with it only once every week or use safe porn. Then, once you have broken the habit, you gradually reduce the supply of porn, thus tackling each enemy separately.

It sounds logical but it is based on the wrong facts. PMOing is not habit but dopamine addiction and the actual physical pain from its withdrawal is almost imperceptible. What you are trying to achieve when you quit is to kill both the little porn monster in your body and the big monster inside your brain as quickly as possible.

All these substituting techniques do is to prolong the life of the “little monster” which in turn will prolong the life of the “big monster.” Remember EASYPEASYWAY makes it easy to quit immediately. You can kill the big monster (brainwashing) before your final PMO session. The little monster will soon be dead and even while it is dying, will be no more of a problem than it was

when you were a PMOer. Just think, how can you possibly cure an addict of addiction to a drug by recommending the same drug? One eminent and highly respected writer actually stated in his book that porn is here to stay and so we have to make porn better. To his credit he is not offering that as an alternative to internet porn. However, your little monster may “use” his idea to keep you in its vicious trap. He only proved the point I am making that porn is not real and depends on supranormal stimuli. But I differ from him to say that making “good porn” and making it available will help. Addicts are not created by “theme” based porn - what we are talking is supranormal stimuli with high speed novelty.

I often read PMOers who have quit using internet hardcore porn but are hooked on “safe” porn. Others are hooked on the safe porn and are still PMOing. Do not be fooled by the fact that the safe porn is awful - so was that first high-speed clip. All substitutes have exactly the same effect as any porn. I'm now talking about this business of, “I can't have a PMO, so I'll have ordinary porn or static pictures or go on porn diet to help fill the void.” Some even start eating. Although the empty feeling of wanting a PMO is indistinguishable from hunger for food, one will not satisfy the other. In fact, if anything is designed to make you want to PMO, it's stuffing yourself with food. As explained before - porn diet and safe porn will only put you in the middle of the tug of war and resistance to temptation is so annoying that you will feel relieved visiting your favourite online harem.

The chief evil of substitutes is that they prolong the real problem which is the brainwashing. Do you need a substitute for flu when it's over? Of course you don't. By saying, “I need a substitute for PMOing.” What you are really saying is, “I am making a sacrifice.” The depression associated with the Willpower Method is caused by the fact that the PMOer believes he is making a sacrifice. All you will be doing is to substitute one problem for another. There is no pleasure in stuffing yourself with food or cigarettes or alcohol. You will just get fat and miserable and in no time at all you'll be back on the “drug.”

Casual PMOers find it difficult to dismiss the belief that they are being deprived of their little reward: those who aren't allowed to go online during a period of time on travel, family event, etc. Some say, “I wouldn't even know how to unwind if it is not for PMO.” That proves the point. Often the break is taken not because the PMOer needs it or even wants it but because the addict - that is who he or she is - desperately needs to scratch the itch.

Remember the PMO sessions never were genuine rewards. They were equivalent to wearing tight shoes to get the pleasure of taking them off. So if you feel that you must have a little reward, let that be your substitute; while you are working, wear a pair of shoes or an underwear a size too small for you, don't allow yourself to remove them until you have your break, then experience that wonderful moment of relaxation and satisfaction when you do remove them. Perhaps you feel that would be rather stupid. You are absolutely right. It's hard to visualize while you are still in the trap, but that is what PMOers do. It's also hard to visualize that soon you won't need that little “reward” and you'll regard your friends who are still in the trap with genuine pity and wonder why they cannot see the point.

However, if you go on kidding yourself that the online harem visit was a genuine reward or that you need a substitute then you will feel deprived and miserable. The chances are that you'll end up falling into the disgusting trap again. If you need a genuine break, as housewives, teachers,

doctors and other workers do, you'll soon be enjoying that break even more because you won't have to addict yourself. Remember, you don't need a substitute. Those pangs are a craving for dopamine and will soon be gone. Let that be your prop for the next few days. Enjoy ridding your body and your mind of slavery and dependence.

03-38-Should I Avoid Temptation Situations?

I have been direct in my advice so far and would ask you to treat this advice as instruction rather than suggestion. I am explicit and direct, first because there are sound, practical reasons for my advice and second, because those reasons have been backed up by thousands of case studies. On the question of whether or not to try to avoid temptation during the withdrawal period, I regret that I cannot be direct. Each PMOer will need to decide for himself. I can, however, make what I hope will be helpful suggestions, I repeat that it is fear that keeps us to PMO all our lives and this fear consists of two distinct phases:

Phase 1: How can I survive without PMO?

This fear is that panicky feeling the PMOer gets when they are alone in a single phase or have an asexual, uninterested or unavailable partner. The fear isn't caused by withdrawal pangs but is the psychological fear of dependency - you cannot survive without sex and orgasm. It actually reaches its height when you are on the verge of quitting (I won't use giving up); at that time your withdrawal pangs are at their lowest. It is the fear of the unknown, the sort of fear that people have when they are learning to dive.

The diving board is 1 foot high but seems to be 6 feet high. The water is 6 feet deep but appears to be 1 foot deep. It takes courage to launch yourself. You are convinced you are going to smash your head. The launching is the hardest part. If you can find the courage to do it, the rest is easy. This explains why many otherwise strong-willed PMOers either have never attempted to stop or can survive only a few days when they do. In fact, there are some PMOers on a porn diet who when they decide to stop, actually binge and escalate to harsher clips more quickly than if they had not decided to stop. The decision causes panic, which is stressful. This is one of the occasions when the brain triggers the instruction, "take a trip to your own personal harem." But now you can't take one. You are being deprived - more stress.

The trigger starts again quickly when the fuse blows and you fire up the browser. Don't worry. That panic is just psychological. It is the fear that you are dependent. The beautiful truth is that you are not, even when you are still addicted. Do not panic. Just trust me and launch yourself.

Phase 2: Longer Term Fear

The second phase of fear is longer-term. It involves the fear that certain situations in the future will not be enjoyable or that you will not be able to cope with a trauma without PMO. Don't worry. If you can launch yourself you will find the opposite to be the case. The avoidance of temptation itself falls into two main categories:

1. *"I will subscribe to a porn-diet of once in 4 days. I will feel more confident knowing that I can go online if it gets hard. It is OK if I fail I can just add up additional days to my next cycle."*

I find the failure rate with people who do this is far higher than for people who just quit altogether. I believe this is due mainly to the fact that if you have a bad moment during the

withdrawal period, it is easy to hop on your browser and visit your harem with the above excuses. If you have the indignity of clearly breaking your own rules such as a shattered glass window, you are more likely to overcome the temptation. In any event, the pang will probably have passed if you had delayed it. However, I believe the main reason for the higher failure rate in these cases is that the PMOer does not feel completely committed to stopping in the first place. Remember the two essentials to succeed are:

- Certainty.
- “Isn't it marvellous that I do not need to PMO any more?”

In either case, why on earth do you need PMO? If you still feel the need to visit your harem, I would suggest that you re-read this book first. It means that something hasn't quite gelled. Take the time to kill without trace the big monster in your mind.

2. *“Should I avoid stressful or social occasions during the withdrawal period?”*

My advice is: yes, try to avoid stressful situations. There is no sense in putting undue pressure on yourself. In the case of social events - to a bar or dance floor - my advice is the reverse. No, go out and enjoy yourself straight away. You do not need sex - the propagative side of sex - even while you are still addicted to porn. Go to a party and rejoice in the fact that you do not have to have sex and propagative sex. It will quickly prove to you the beautiful truth that life is so much better without the pressure of sex. Just think how much better it will be when the little monster has left you, together with all those needy thoughts.

03-39-The Moment Of Revelation

The moment of revelation usually takes place about three weeks after stopping. The sky appears to become brighter and it is the moment when the brainwashing ends completely. When instead of telling yourself you do not need to PMO, you suddenly realize that the last thread is broken and you can enjoy the rest of your life without ever needing PMO again. It is also usually from this point that you start looking at other PMOers as objects of pity.

PMOers using the Willpower Method do not normally experience this moment because although they are glad to be ex-PMOers they continue through life believing they are making a sacrifice. The more you were addicted, the more marvellous this moment is and it lasts a lifetime. I consider I have been very fortunate in this life and had some wonderful moments but the most wonderful of all was that moment of revelation. With all the other highlights of my life, although I can remember they were happy times, I can never recapture the actual feeling. I can never get over the joy of not having to PMO any more. If ever I am feeling low and need a boost nowadays, I just think how lovely it is not to be hooked on that awful addiction. Half the people who contact me after they have stopped visiting the online harems say exactly the same thing: that it was the most marvellous event of their lives. Ah! What pleasure you have to come! With additional feedback, both from forums and personal interactions, I have learned that in most cases the moment of revelation occurs not after three weeks, as stated above, but within a few days.

In my own case it happened before I was finished on my last harem visit. I am sure many of the readers here, before they'd even got to the end of the chapters would say something like: "You needn't say another word. I can see it all so clearly, I know I'll never PMO again." From the messages I receive I'm also aware that it frequently happens.

Ideally if you follow all the instructions and understand the psychology completely, it should happen to you immediately.

I say to PMOers that it takes about five days for the noticeable physical withdrawal to go and about three weeks for an ex-PMOer to get completely free. In one way I dislike giving such guidelines. It can cause two problems. The first is that I put in people's minds the suggestion that they will have to suffer for between five days and three weeks. The second is that the ex-PMOer tends to think, "if I can survive for five days or three weeks, I can expect a real boost at the end of that period."

However, he may have five pleasant days or three pleasant weeks then followed by one of those disastrous days that strike both non-PMOers and PMOers which have nothing to do with the addiction but are caused by other factors in our lives. Then our ex-PMOer is waiting for the moment of revelation but what he experiences is depression instead. It could destroy his confidence. If I don't give any guidelines, however, the ex-PMOer can spend the rest of his life waiting for nothing to happen. I suspect that this is what happens to the vast majority of PMOers who stop when using the Willpower Method.

At one time I was tempted to say that the moment of revelation should happen immediately. But if I did that and it didn't happen immediately, the ex-PMOer would lose confidence and think it was never going to happen.

People often ask me about the significance of the five days and three weeks. Are they just periods that I've drawn out of the blue? No. They are obviously not definite dates but they reflect an accumulation of feedback over the years. About five days after stopping is when the ex-PMOer ceases to have the addiction as the main occupation of his mind.

Most ex-PMOers experience the moment of revelation around this period. What usually happens is you are in one of those stressful or social situations that once you couldn't cope with or enjoy without a harem visit. You suddenly realize that not only are you enjoying or coping with it but the thought of PMO has never even occurred to you. From that point on it is usually plain sailing. That's when you know you are free.

I have noticed from my previous attempts using the Willpower Method and from feedback from others, that around the three-week period is when most serious attempts to stop fail. I believe that what usually happens is that after about three weeks you sense that you have lost the desire to PMO. You need to prove this to yourself and so you hop on your browser to visit your harem. It feels weird. You've proved you have kicked it. But you've also greased the DeltaFosB porn water slides thanks to the fresh dopamine rush into your brain and this dopamine rush is what your body has been craving for three weeks. As soon as you finish the deed the dopamine starts to leave your body. Now a little voice is saying, “You haven't kicked it. You want another one.”

You don't scurry back straight away because you don't want to get hooked again. You allow a safe period to pass. When you are next tempted you are able to say to yourself: “But I didn't get hooked again, so there's no harm in having another one.” You are already on your way down the slippery slope. The key to the problem is not to wait for the moment of revelation but to realize that once you close the browser it is finished. You've already done all you need to do. You've cut off the supply of oxygen to your little monster. No force on earth can prevent you from being free unless you mope about it or wait for revelation. Go and enjoy life; cope with it right from the start. That way you'll soon experience the moment.

03-40-The Final Visit

Having decided on your timing, you are now ready to visit your harem one last time. Before you do so, check on the two essentials:

1. Do you feel certain of success?
2. Have you a feeling of doom and gloom or a sense of excitement that you are about to achieve something marvelous?

If you have any doubts, re-read the book first. Remember that you never decided to fall into the porn trap. But that trap is designed to enslave you for life. In order to escape you need to make the positive decision that you are about to stop and make your final visit.

Remember, the only reason that you have read this book so far is because you would dearly love to escape. So make that positive decision now. Make a solemn vow that when you close your incognito browser window, whether you find it easy or difficult, you will never visit your harem again or engage in PMO. Perhaps you are worried that you have made this vow several times in the past but are still failing or that you will have to go through some awful trauma. Have no fear, the worse thing that can possibly happen is that you fail and so you have absolutely nothing to lose and so much to gain.

But stop even thinking about failure. The beautiful truth is that it is not only ridiculously easy to quit but you can actually enjoy the process. This time you are going to use EASYWAY! All you need to do is to follow the simple instructions that I'm about to give you:

1. Make the solemn vow now and mean it.
2. Browse the pictures and clips on your favorite tube site consciously, look at the desperate attempts by the site admins, actors and even amateurs at amplifying the shock, novelty, supra stimulation values of their wares and ask yourself where the pleasure is.
3. When you finally close the browser, do so not with a feeling of: “I must never visit another online harem again” or “I'm not allowed to visit another,” but instead with the feeling of: “Isn't it great! I'm free! I'm no longer a slave to porn! I don't ever have to visit these filthy sites in my life again.”***
4. Be aware that for a few days, there will be a little porn saboteur inside your stomach. You might only know the feeling, “I want to PMO.” At times I refer to that little porn monster as the slight physical craving for dopamine. Strictly this is incorrect and it is important that you understand why. Because it takes about three weeks for that little monster to die, ex-PMOers believe that the little monster will continue to crave after the final online harem visit and that they must therefore use willpower to resist the temptation during this period. This is not so. The body doesn't crave porn triggered dopamine. Only the brain craves dopamine.

If you do get that feeling of “I want a peek” over the next few days, your brain has a simple choice. It can either interpret that feeling for what it actually is - an empty insecure feeling started by the first visit to an online porn site and perpetuated by every subsequent one, and say to yourself: YIPPEE I'M A NON-PMOer!***

Or you can start craving for porn and suffer it for the rest of your life. Just think for a moment. Wouldn't that be an incredibly stupid thing to do? To say, “I never want to PMO again,” then spend the rest of your life saying, “I'd love a visit.” That's what PMOers who use the Willpower Method do. No wonder they feel so miserable. They spend the rest of their lives desperately moping for something that they desperately hope they will never have. No wonder so few of them succeed and the few that do never feel completely free.

> **** Seeing: The mental picture of breaking away from prison and hearing: “ Yipee, I’m free. I’m a non-PMOer. Isn’t it great I’ FREE! I’m no longer a slave! I don’t HAVE TO PMO again!” Refer Maxwell’s book “The New Psycho Cybernetics” Ch 12. Get this mental picture clearly in your mind, for it can be quite helpful in overcoming the power of external stimuli to disturb you. See yourself sitting quietly, letting the phone ring, ignoring its signal, unmoved by its command. Although you are aware of it, you no longer mind or obey it. Also, get clearly in your mind the fact that the outside signal in itself has no power over you, no power to move you. In the past you have obeyed it, responded to it, purely out of habit. You can, if you wish, form a new habit of not responding. Also notice that your failure to respond does not consist in doing something, or making an effort, or resisting or fighting but in doing nothing - in relaxation from doing. You merely relax, ignore the signal, and let its summons go unheeded. The telephone ringing is a symbolic analogy to any and every other outside stimulus you might habitually give control over to and now choose to very intentionally alter that habit.*

It is only the doubting and the waiting that make it difficult to quit. So never doubt your decision, you know it's the correct decision. If you begin to doubt it, you will put yourself into a no-win situation. You will be miserable if you crave a PMO visit but can't have one. You will be even more miserable if you do have one. No matter what system you are using, what is it that you are trying to achieve when you quit, PMOing? Never to PMO again? No! Many ex-PMOers do that but go through the rest of their lives feeling deprived.

What is the real difference between PMOers and non-PMOers? Non-PMOers have no need or desire to PMO, they do not crave porn and PMO and do not need to exercise willpower in order not to PMO. That's what you are trying to achieve, and it is completely within your power to achieve it. You don't have to wait to stop craving porn or to become a non-PMOer. You do it the moment you close that final browser session, you have cut off the supply of dopamine: YOU ARE ALREADY A HAPPY NON-PMOer!

And you will remain a happy non-PMOer provided:

1. You never doubt your decision.
2. You don't wait to become a non-PMOer. If you do, you will merely be waiting for nothing to happen, which will create a phobia.
3. You don't try not to think about PMOing or wait for the “moment of revelation” to come. Either way you will merely create a phobia.
4. You don't use substitutes.
5. You see all other PMOers as they really are and pity them rather than envy them.

Whether they be good days or bad days, you don't change your life just because you've quit

PMO. If you do you will be making a genuine sacrifice and there is no need to. Remember, you haven't given up living. You haven't given up anything.

On the contrary, you've cured yourself from an awful disease and escaped from an insidious prison. As the days go by and your health, both physical and mental improves, the highs will appear higher and the lows less low than when you were a PMOer. Whenever you think about PMOing either during the next few days or the rest of your life, you think: YIPPEE. I'M A NON-PMOer!

03-41-A Final Warning

No PMOer, given the chance of going back to the time before he became hooked with the knowledge he has now, would opt to start. Many of the them who consult me are convinced that if I could only help them stop, they would never dream of PMOing again, and yet thousands of PMOers successfully kick the habit for many years and lead perfectly happy lives, only to get trapped once again. I trust that this book will help you to find it relatively easy to stop. But be warned: PMOers who find it easy to stop find it easy to start again, DO NOT FALL FOR THIS TRAP.

No matter how long you have stopped or how confident you are that you will never become hooked again, make it a rule of life not to PMO for any reason. Resist the allusions and innuendoes in the media, and remember they are pushing their image of ‘openness’ by bringing porn into mainstream without realizing how porn, internet porn etc. are killers of relationships and of the personal sense of well being for a huge number of men and some women.

Remember, that first peek or visit will do nothing for you. You will have no withdrawal pangs to relieve and it will make you feel awful. What it will do is to put the pleasure of dopamine rush into your mind and brain, and a little voice at the back of your mind will be saying, “you want another one.” Then you have got the choice of being miserable for a while or starting the whole filthy chain again.

03-42-Feedback

This method will be pooh-poohed by the so-called experts - as I have kept it thin, deliberately, on the ‘science’ side of porn addiction. This ‘hackbook’ is based on a very successful technique used by Alan Carr for quitting smoking, alcohol and gambling. I have personally broken away from the prisons of cigarette, alcohol and internet porn with this technique. I’d like to add here that I’ve tried some of the best programmes - such as CBT, DEADS and AVERT before arriving at the EasyWay. I could not close the deal. I was then led to studying about self hypnosis that deals with bad habits. The key idea that sold me on this method is his emphasis on the “feelings of misery and deprivation, misery and sacrifice, misery and guilt.” If you use the Will Power method you will invariably have all or one of these awful feelings that in themselves provide the grease to slide back to the addiction.

I'm not a do-gooder. My war - which, I emphasize, is not against PMOers but against the porn trap, I wage for the purely selfish reason that I enjoy it. Every time I hear of a PMOer escaping from the prison I get a feeling of great pleasure, even when it has nothing to do with me. You can imagine also the immense pleasure I obtain from the grateful letters that I have received over time.

There has also been considerable frustration. The frustration is caused mainly by two main categories of PMOer. First, in spite of the warning in the previous chapter, I am disturbed by the number of PMOers who find it easy to stop, yet later get hooked again and find they can't succeed the next time.

Practically the last thing I say to ex-PMOers is: “Remember, you must never visit another online harem again.”

One particular man said, “Have no fear, If I manage to stop, I'll definitely never PMO again.”

I could tell that the warning hadn't really registered, I said, “I know you feel like that at the moment, but how will you feel six months on?”

He said, “I will never PMO again.”

A while later there was another phone call. “I had a lapse while on a business trip, and now I'm back on one a day.”

I said, “Do you remember when you first phoned? You hated it so much you were going to pay your mentor $1,000 if you could stop for a week.”

“I remember. Haven't I been stupid?”

“Do you remember you promised me you would never PMO again?”

“I know. I'm a fool.”

It's like finding someone up to his neck in a swamp and about to go under. You help pull him out. He is grateful to you and then, six months later, dives straight back into the swamp. Ironically, when this man attended a subsequent session he said, “Can you believe it? I offered to pay a 21 yr old $1,000 if he would not PMO for a year. I paid up. I can't believe he could be so stupid.”

I said, “I don't see how you can call him stupid. At least he doesn't know the misery he's in for.

You knew it as well as anyone and survived only a month." PMOers who find it easy to stop and start again pose a special problem. However, when you get free PLEASE, PLEASE, DON'T MAKE THE SAME MISTAKE. They believe that such people start again because they are still hooked and are missing the dopamine. In fact, they find stopping so easy that they lose their fear of PMOing. They think: "I can have an odd PMO session. Even if I do get hooked again, I'll find it easy to stop again."

I'm afraid it just doesn't work that way. It's easy to stop PMOing but It's impossible to try to control the addiction. The one thing that is essential to becoming a non-PMOer is not to PMO.

The other category of PMOers that causes me frustration is those who are just too frightened to make the attempt to stop or when they do, find it a great struggle. The main difficulties appear to be the following:

1. Fear of failure. There is no disgrace in failure but not to try is plain stupidity. Look at it this way - you're hiding from nothing. The worst thing that can happen is that you fail, in which case you are no worse off than you are now. Just think how wonderful it would be to succeed. If you don't make the attempt, you have already guaranteed failure.

2. Fear of panic and of being miserable. Don't worry about it. Just think: what awful thing could happen to you if you never again PMOed? Absolutely none. Terrible things will happen if you do. Re-read my notes on Pascal's Wager. In any case, the panic is caused by dopamine and will soon be gone. The greatest gain is to be rid of that fear. Do you really believe that PMOers are prepared to have fading penetrations and unreliable erections or the pleasure of orgasms which they get from porn? If you find yourself feeling panicky, deep breathing will help. If you are with other people and they are getting you down, go away from them. Escape to the garage or an empty office or wherever.

If you feel like crying, don't be ashamed. Crying is nature's way of relieving tension. No one has ever had a good cry without feeling better afterwards. One of the awful things we do to young boys is to teach them not to cry. You see them trying to fight the tears back but watch the jaw grinding away. We teach ourselves to not to show any emotions. We are meant to show emotions, not to try to bottle them up inside us. Scream or shout or have a tantrum. Kick a cardboard box or filing cabinet. Regard your struggle as a boxing match that you cannot lose. No one can stop time. Every moment that passes that little porn monster inside you is dying. Enjoy your inevitable victory.

3. Not following the instructions. Incredibly, some PMOers say to me, "Your method just didn't work for me." They then describe how they ignored not only one instruction but practically all of them. (For clarification I will summarize these in the check-list at the end of this chapter).

4. Misunderstanding instructions. The chief problems appear to be these:

   (a) "I can't stop thinking about porn."

Of course you can't and if you try, you will create a phobia and be miserable. It's like trying to get to sleep at night; the more you try, the harder it becomes. I think about porn and PMO 90 per cent of my life. It's what you are thinking that's important. If you are thinking, "Oh, I'd love to masturbate to PMO," or, "When will I be free?" You'll be miserable. If instead you are thinking,

'YIPPEE! I am free!” You'll be happy.

(b) “When will the little porn monster die?”

The dopamine flush leaves your body very rapidly. But it is impossible to tell when your body will cease to suffer from the slight physical sensation of dopamine withdrawal. That empty, insecure feeling is identical to normal hunger, depression or stress. All the PMO does is to increase the level of it. This is why PMOers who stop by using the Willpower Method are never quite sure whether they've kicked it. Even after the body has ceased to suffer from dopamine surge’s withdrawal, if they suffer normal hunger or stress, their brain is still saying, “That means you must claim your entitled PMO.” The point is you don't have to wait for the craving to go; it is so slight that we don't even know it's there. We know it only as feeling, “I want , I want.” When you leave the dentist after the final session, do you wait for your jaw to stop aching? Of course you don't. You get on with your life. Even though your jaw's still aching, you are elated.

(c) Waiting for the “moment of revelation” (MoR)*. If you wait for it, you are just causing another phobia, I once stopped for three weeks on the Willpower Method.

I chatted with an old friend. He said, “How are you getting on?”

I said, “I've survived three weeks.”

He said, “What do you mean, you've survived three weeks?”

I said, “I've gone three weeks without a PMO.”

He said, “What are you going to do? Survive the rest of your life? What are you waiting for? You've done it. You're a non-PMOer.”

I thought, “He's absolutely right. What am I waiting for?” Unfortunately because I didn't fully understand the nature of the trap at that time, I was soon back in it but the point was noted. You become a non-PMOer when you close your browser. The important thing is to be a happy non-PMOer from the start.

(d) “I am still craving porn.” Then you are being very stupid. How can you claim, “I want to be a non-PMOer.” And then say, “I want porn?” That's a contradiction. If you say, “I want to PMO.” You are saying, “I want to be a PMOer.” Non-PMOers don't want to visit the disgusting tube sites. You already know what you really want to be, so stop punishing yourself.

(e) “I've opted out of life.” Why? All you have to do is stop killing yourself and start energizing yourself. You don't have to stop living. Look, it's as simple as this. For the next few days you'll have a slight trauma in your life. Your body will suffer the almost imperceptible aggravation of withdrawal from your demands and claims for a dopamine surge. Now, bear this in mind: you are no worse off than you were. This is what you have been suffering the whole of your life, every time you have been asleep or in a church, supermarket or library. It didn't seem to bother you when you were a PMOer and if you don't stop, you'll go on suffering this distress for the rest of your life.

PMO and orgasms don't make meals or drinks or social occasions; they sometimes deprive you of them. Even while your body is still craving dopamine surge claims, meals and social occasions are marvellous. Life is marvellous. Go to social functions, even if there are naked dancers there. Remember that you are not being deprived; they are.

** MoR moment of revelation. R2T resistance to temptation. MaD misery and deprived. MaS misery and sacrifice. MaG misery and guilty. DSC dopamine surge claims.*

Every one of them would love to be in your position, only if they knew. Enjoy being the *prima donna* and the centre of attention. Stopping PMO is a wonderful conversation point but you can take a secret pleasure that you just can't. I am sure they will be surprised to see that you, a shying and tired looking fellow is now happy and cheerful. If you are practising no orgasms and karezza with one of the women she will think that you are incredible. Every woman wants the amative side so be sure to indulge yourself in that. The important point is that you'll be enjoying life right from the start. There's no need to envy PUAs at the parties. They'll be envying you - ah, only if they knew.

(f) "I am miserable and irritable." That is because you haven't followed my instructions. Find out which one it is. Some people understand and believe everything I say but still start off with a feeling of doom and gloom, as if something terrible were happening. You are doing not only what you'd like to do but what every PMOer on the planet would like to do. With any method of stopping, what the ex PMOer is trying to achieve is a certain frame of mind, so that whenever he thinks about PMO he says to himself, "YIPPEE! I'M FREE!" If that's your object, why wait? Start off in that frame of mind and never lose it. The rest of the book is designed to make you understand why there is no alternative.

THE CHECK LIST

If you follow these simple instructions, you cannot fail:

1. Make a solemn vow that you will never, ever, go online to visit your harem OR settle down for static pictures OR make peace with erotic graphics OR anything that contains supra normal stimuli, and stick to your vow.
2. Get this clear in your mind: there is absolutely nothing to give up. By that I don't mean simply that you will be better off as a non-PMOer (you've known that all this time); nor do I mean that although there is no rational reason why you PMO, you must get some form of pleasure or crutch from it or you wouldn't do it. What I mean is, there is no genuine pleasure or crutch in PMOing. It is just an illusion, it's an addiction like banging your head against a wall to make it pleasant when you stop.
3. There is no such thing as a confirmed PMOer. You are just one of the millions who have fallen for this subtle trap. Like millions of other ex-PMOer who once thought they couldn't escape, you have escaped.
4. If at any time in your life you were to weigh up the pros and cons of PMOing, the overwhelming conclusion would always be, a dozen times over, "Stop doing it. You are a fool!" Nothing will ever change that. It always has been that way, and it always will be. Having made what you know to be the correct decision, don't ever torture yourself by doubting it. Going through Pascal's Wager of no chances of loss, high chances of gains, high chances of avoiding losses perfectly applies to PMO.

5. Don't try not to think about porn or worry that you are thinking about it constantly. But whenever you do think about it – whether it be today, tomorrow or the rest of your life think, “YIPPEE! I'M A NON-PMOer!”
6. DO NOT use any form of substitute. DO NOT keep your laptop next to you when you go to sleep. DO NOT avoid plays or movies or magazines. DO NOT change your lifestyle in any way purely because you've stopped. If you follow the above instructions, you will soon experience the “moment of revelation” (MoR). But:
7. Don't wait for moment of revelation to come. Just get on with your life. Enjoy the highs and cope with the lows. You will find that in no time at all the moment will arrive.

03-43-Help The PMOer Left On The Sinking Ship

PMOers are panicking nowadays. They sense that there is a change in the way internet porn is perceived by men and women. Internet porn's addictive nature is being studied by more and more people. It is now rightly regarded not as the same as old traditional porn. It's easy reach and effortless availability raises alarm even in the hearts of porn supporters. They also sense that their crusade for free speech and free thought is being hijacked by vicious elements. The wild wild west nature of the unpoliced internet makes it hard for enforcing age restrictive access to supranormal stimuli. Yet I don't think this whole thing will be coming to an end anytime soon. Thousands of PMOers are now stopping and all porn users are conscious of the new brain studies that point their studied fingers to the similarities of drug and substance addiction. Every time a PMOer leaves the sinking ship, the ones left on it feel more miserable. Every PMOer instinctively knows that it is ridiculous to self sabotage and spend time in front of two dimensional pixels, treat the poor brain to super surges, develop porn brain water slides that will guarantee him unreliable erections and fading penetrations. If you still don't think it is silly, try talking to a porn magazine standing at the centre of the city square and ask yourself what the difference is. Just one. You cannot get the pleasure of warmth and intimacy that way. If you can stop buying alcohol and cigarettes every time you go grocery shopping you can definitely stop visiting your online harems. PMOers cannot find a rational reason for PMOing but if someone else is doing it, they do not feel quite so silly.

PMOers blatantly lie about their habit, not only to others and university researchers but worse of all to themselves. They have to. The brainwashing is essential if they are to retain some self-respect. They feel the need to justify their "habit" not only to themselves but to non-PMOers. They are therefore forever advertising the illusory advantages of porn and PMO by more subtler means.

If a PMOer stops using the Willpower Method he still feels deprived and tends to become a moaner. All this does is to confirm to other PMOers how right they are to keep PMOing. If the ex-PMOer succeeds in kicking the habit, he is then grateful that he no longer has to go through life sabotaging himself or wasting energy. But he has no need to justify himself, he doesn't sit there saying how marvellous it is not to be PMOing. He will do that only if he is asked and PMOers won't ask that question. They wouldn't like the answer. Remember: it is fear that keeps them in their addiction and they would rather keep their heads in the sand. The only time they ask that question is when it is time to stop. Help the PMOer. Remove these fears. Tell him how marvellous it is not to have to go through life living in a prison, how lovely it is to wake up in the morning feeling fit and healthy instead of lacking in energy and self loathing, how wonderful it is to be free of slavery, to be able to enjoy the whole of your life, to be rid of those awful black shadows. Or, better still; get him to read this book.

It is essential not to belittle a married PMOer by indicating that he is deliberately ruining his relationship or is in some way a cheat and is unclean. There is a common conception that the ex-PMOer is the worst in this respect. I believe this conception has some substance but I think this is due to the Willpower Method of stopping. Because the ex-PMOer, although he has kicked the habit, retains part of the brainwashing - part of him still believes that he has made a sacrifice. He feels vulnerable and his natural defensive mechanism is to attack the PMOer.

This may help the ex-PMOer but it does nothing to help the PMOer. All it does is put his back

up, make him feel even more wretched and consequently make his need for PMO even greater. Although the change in the medical establishment's attitude to internet porn is the main reason why many of PMOers are quitting, it doesn't make it any easier for them to do so. In fact, it makes it a great deal harder. Most PMOers nowadays believe they are stopping mainly for health reasons. This is not strictly true.

Although the enormous health risk is obviously the chief reason for quitting, PMOers have been sabotaging their virility for years and it has made not the slightest difference. The main reason why PMOers are stopping is because society is beginning to see PMOing for what it actually is: filthy drug addiction. The enjoyment was always an illusion; this attitude removes this illusion, so that the PMOer is left with nothing. Many women and girlfriends now would ask questions if you are on your laptop in the middle of the night.

The complete ban on porn in some countries and or the unavailability of internet is a classic example of the travelling PMOer's dilemma. The PMOer either takes the attitude: "OK, if I cannot PMO during this time, I will find a way to abscond," which does no good for him if his job is hanging on it. Or he says: "Fine, it will help me cut down on my PMOing." The result of this is that instead of one or two a day, neither of which he would have enjoyed, he abstains for an entire week. During this enforced period of abstinence however, not only will he be mentally deprived and waiting for his reward but his body will have been craving too. Oh, how precious that online harem visit will be when he is eventually allowed to go.

Enforced abstinences do not actually cut down the intake because the PMOer just indulges himself even more when he is eventually allowed to be alone. All it does is to ingrain in the PMOer's mind how precious internet porn and PMO are and how dependent he is upon them. I think the most insidious aspect of this enforced abstinence is its effect on younger population. We allow the "hijackers" of "freedom of expression" - the porn producers - to target unfortunate teenagers to get hooked in the first place. Then, at what is probably the most stressful period in their lives, when in their deluded minds they need PMO most of all, we blackmail them into giving up because of the harm they are causing to themselves.

Many are unable to do so and are forced, through no fault of their own, to suffer a guilt complex for the rest of their lives. Many of them succeed and are pleased to do so, thinking, "Fine. I will do this for now and after it's over I will be cured anyway." Then comes the pain and fear of finding work etc. followed by the biggest "high" of their lives - finding a job. The pain and fear are over. Then they feel secure and the old trigger mechanism comes back into operation. Part of the brainwashing is still there and almost before the smell of the new work laptop is gone the PMOer is at the threshold of his favourite online harem. The elation of the occasion blocks the foul feelings from his or her mind. She has no intention of becoming hooked again. But... "just the one peek." Too late! She is already hooked again.

The little porn monster has got into her body again. The old craving will start and even if she doesn't become hooked again straight away, post-high depression will probably catch her out. It is strange that although heroin addicts are criminals in law, our society's attitude is quite rightly, "What can we do to help these pathetic individuals?" Let us adopt the same attitude to the poor PMOer. He is not doing it because he wants to but because he thinks he has got to and, unlike the heroin addict, he usually has to suffer years and years of mental and physical torture. We always say

a quick death is better than a slow one, so do not envy the poor PMOer. He and she deserves your pity.

03-44-Advice To Non-PMOers

HELP GET YOUR PMO FRIENDS TO READ THIS BOOK

First study the contents of this book and try to put yourself in the place of the PMOer. Do not force him to read this book or try to stop him by telling him he is ruining his health or playing with fire. He already knows this better than you do. PMOers do not continue in it because they enjoy it or because they want to. They only tell themselves and other people this in order to retain self-respect. They do it because they feel dependent on PMO because they think that it relaxes them and gives them courage and confidence (pleasure or crutch) and that life will never be enjoyable without “sex” - their version of it. If you try to force a PMOer to stop, he feels like a trapped animal and wants to be in his harem even more. This may turn him into a secret PMOer and in his mind the porn will become even more precious (see Chapter 26).

Instead, concentrate on the other side of the coin. Get him into the company of ex-PMOers (there are many blogs, forums etc. YBOP, No-Fap etc.). Get them to tell the PMOer how they too thought they were hooked for life and how much better life is as a non-PMOer. Once you have got him believing that he can stop then his mind will start to open up. Then start explaining the delusion created by withdrawal pangs. Not only are the “dopamine rushes” not giving him a boost but they are destroying his confidence and making him irritable and tired.

He should now be ready to read this book himself. He will be expecting to read pages and pages about unreliable arousal, fading penetrations, PIED, PE, etc. Explain that the approach is completely different and that references to illness are just a small fraction of the material in the book.

HELP DURING THE WITHDRAWAL PERIOD

If you are dealing with a girlfriend or boyfriend - whether the ex-PMOer is suffering or not, assume that she/he is. Do not try to minimize his suffering by telling him it is easy to stop; he can do that himself. Instead keep telling him how proud you are, how much better he is looking, how much sweeter it is to be with him, how much easier he is in general. It is particularly important to keep doing this. When a PMOer makes an attempt to stop, the euphoria of the attempt and the attention he gets from friends and colleagues can help him along. However, they tend to forget quickly, so keep that praise going.

Because he is not talking about PMOing, you may think he has forgotten about it and don't want to remind him. Usually the complete opposite is the case with the Willpower Method, as the ex-PMOer tends to be obsessed by nothing else. So do not be frightened to bring the subject up and keep praising him: he will tell you if he doesn't want you to remind him of PMOing.

Go out of your way to relieve him of pressures during the withdrawal period. Try to think of ways of making his life interesting and enjoyable. This can also be a trying period for non-PMOers - that is those of you who have never had this addiction. If one member of a group is irritable, it can cause general misery all round. So anticipate this if the ex-PMOer is feeling irritable. He may well take it out on you but do not retaliate: it is at this time that he needs your praise and sympathy the most. If you are feeling irritable yourself, try not to show it.

One of the tricks an addict will play when trying to give up with the aid of the Willpower Method was to get into a tantrum, hoping that wife or friends would say, “I cannot bear to see you suffering like this. For goodness sake, have your poison.” The PMOer then does not lose face, as he isn't “giving in” - he has been instructed. If the ex-PMOer uses this ploy, on no account encourage him to lapse. Instead say, “if that is what PMO does to you, thank goodness you will soon be free. How marvellous that you had the courage and sense to give up.”

HELP END THIS SCANDAL

In my opinion, internet porn is one of the dangers in a free society, piggy backing on the good willed efforts of personal freedoms. Surely the very basis of civilization, the reason why the human species has advanced so far, is that we are capable of communicating our knowledge and experiences not only to each other but to future generations. Even the lower species find it necessary to warn their offspring of the pitfalls in life.

The producers of porn are not doing this in good faith, in the genuine belief that they help mankind, especially now as the addiction to internet porn is widely studied. Maybe in its initial stages people genuinely believed that porn taught intimacy to men and women but today the authorities know that it is a fallacy. Just watch any tube sites nowadays. They make no claims about education. The only claims they make are about the shock, novelty, escalation quality of their clips.

The sheer hypocrisy is incredible. As a society we get uptight about school bullying and objectification of human body. Compared with internet porn, these problems are mere pimples in our society. Thirty five per cent of the population have been addicted to porn and most of them spend quality time with imaginary and illusory pixel people at the expense of health, virility, energy and time. Tens of thousands of people have their lives ruined every year because they become hooked. Internet high speed porn is by far the biggest killer in relationships and yet the biggest vested interest is our for-profit companies. Internet porn producers don’t spend on advertising the filth in mainstream publications - they don’t have to. Our biological urges will lead us to the thresholds of their well stocked internet harems. They give free samples just like your local drug dealer. Heck the tube sites don’t even stock the wares any more as they encourage visitors to post the content.

How clever that porn companies show the 18+ warning at their home page as the deterrent for under age users. Some even don’t bother to do that. Internet porn affect everyone at all ages. “We have warned you of the danger. It is your choice.” Is the attitude they have. Anyway, do they take any steps to verify the age? No. That would discourage their customers. And of course if age verification is legislated they will find another country to host. Or they will pay some ‘elite’ to write how prohibition resulted in bootlegging and the creation of the Mafia. Conveniently forgotten is the question of why repealing prohibition did not result in the reduction of alcohol related casualty numbers. And the contribution of the failure of law enforcement to control the Mafia’s growth. So let’s not waste time in talking about them.

I am confident we can address this differently. By educating our younger generation. If they can step around the cigarettes and alcohol aisles at the local grocery shops then they can do the same with Internet porn too. “Nicotine steals your health, porn steals your hottie.” A catchy meme indeed. The PMOer doesn't have the choice any more than the heroin addict does. PMOers do not

decide to become hooked; they are lured into a subtle trap. If PMOers had the choice, the only PMOers tomorrow morning would be the youngsters starting out and believing they could stop any time they wanted to.

Why the phony standards? Why are heroin addicts seen as criminals, yet can register as addicts and get free heroin and proper medical treatment to help get off it? Just try registering as a porn addict. If you go to your doctor for help, either he will tell you: “stop doing it so much, try moderation,” which you already know won't work or he will prescribe something else to address your “depression.” Worse is the advice to go and find real partners. Seriously? Do they know of PMOers who find porn better and do it behind their partner’s back? Some people just don’t get it.

Scare campaigns do not help PMOers to stop. They make it harder. All they do is to frighten PMOers, which makes them want to PMO even more. They don't even prevent teenagers from becoming hooked. Teenagers know that porn kills their libido but they also know one peek will not do it. Because the habit is so prevalent, sooner or later the teenager, through social pressures or curiosity, will try just one visit. And because the free porn has awful clips, he will probably become hooked.

Why do we allow this scandal to go on? Why doesn't our government come out with a proper campaign? Why doesn't it tell us that internet porn is a drug and a killer poison, that it does not relax you or give you confidence but destroys your nerves and that it can take just one peek to become hooked? Why can’t they enforce age verification by requesting a registered credit card, maybe with a third party company?

I remember reading H. G. Well’s *The Time Machine*. The book describes an incident in the distant future in which a man falls into a river. His companions merely sit around the bank like cattle, oblivious to his cries of desperation. I found that incident inhuman and very disturbing. I find the general apathy of our society to the PMO problem very similar. We find characters in movies and TV series talking about or even engaging in porn in a casual way.

Why do we allow society to subject healthy young teenagers, youngsters whose lives are complete before they start to get online, to claim their independence just for the privilege of destroying themselves mentally and physically in a lifetime of slavery, a lifetime of filth and disease? You may feel that I over-dramatize the facts. Not so. There are cases where lives were cut down in his early years of marriage because of PMO. He was a strong man and might still have been alive today. I believe I was within an inch of PIED during my forties, although I would have attributed it to my divorce rather than to PMO. I now spend my life being consulted by people who have been crippled by the disease or are in the last stages. And, if you care to think about it, you probably know of many too.

There is a wind of change in society. A snowball has started that I hope this book will help turn into an avalanche. You too can help by spreading the message.

FINAL WARNING

You can now enjoy the rest of your life as a happy non-PMOer. In order to make sure that you do, you need to follow these simple instructions:

1. Keep this page in your bookmarks and refer to it as much as you need.

2. If you ever start to envy another PMOer, realize that they will be envious of you. You are not being deprived. They are.
3. Remember you did not enjoy being a PMOer. That's why you stopped. You do enjoy being a non-PMOer.
4. Remember, there is no such thing as just one peek.
5. Never doubt your decision never to PMO again. You know it's the correct decision.
6. If you have any difficulties find and contact a therapist who is knowledgeable in internet porn. You will find a list of these online.

03-45-Should I tell my SO

Should I tell my wife, girlfriend and SO about my PMO? The intention here is that it would help you in quitting. I am of the solid opinion that all these are not needed. It would only reinforce your weakness against PMO.

If you slip, you will feel miserable and guilty if you are following the Willpower Method. Add to that the feeling of deceiving your loved one will definitely push you through the vicious cycle of slip-lapse-relapse.

If you are caught once - just say you are feeling good that you got caught and you are out of the prison. And you don’t want to talk about it. Many women can’t digest it. Many men wrongly attribute the woman to be of loose morals and hence a bad person. And if the SO breaks up with you (even if for some other reason) you will feel guilty for having screwed up your sex life with PMO OR feeling you “sacrificed” so much if you were successful in quitting - adding to the heart ache.

You will look very weak. They will treat you as a weak person - of course only subconsciously. But you can smell it. Why the stress?

If no one knows about it, then let this thing get buried. No one needs to know.

04-01-The Instructions

1. Follow all the instructions.
2. Keep an open mind.
3. Start with a feeling of elation.
4. Ignore all advice and influences that conflict with EasyPeasyway
5. Resist any promise of a temporary fix.
6. Get it clear in your mind: PMO gives you no genuine pleasure or crutch; you are not making a sacrifice; there is nothing to give up and no reason to feel deprived.
7. Don't wait to quit. Do it now!
8. Make a decision never to PMO again and never question it.
9. Always remember there's no such thing as "Just One Peek".
10. Never PMO again.

Affirmations

- I am free from the slavery of PMO.
- It is easy for me to ignore my thoughts about PMO.
- Bye bye thoughts, bye bye Urges. Oh, there goes my cravings.
- I focus my subconscious mind to overcome masturbation addiction.
- PMO zaps my time, energy and vitality.
- Beating PMO gets easier day by day and in every way.
- I enjoy and value my PMO free strong, happy, light and easy lifestyle.
- If I look back and think about my progress, it gives me great joy and pride in myself.
- Every time I see other PMOers I get more motivated to see myself break that chain.
- All that pent up energy is healing my body and my mind. And then I can do more productive and challenging work towards my values and my goals.
- My brain is getting back in the right shape as it gets exercised by me *not* doing what I was doing before.
- Now, all that pent up willpower is being used to handle the other lightweight stresses and strains of life.
- Great, I am free. I am not a slave any more!

04-02-REBT_Coping_statements

- *“I can stop PMO, even though it appears 'hard' to do so. It’s not too hard and no matter how much trouble it takes, it’s worth it!”*
- *“If I keep ignoring and never giving into my powerful urges to PMO, I will make it easier and easier to resist them”*
- *“I can fully and unconditionally accept myself- yes, even with all my flaws and failings”*
- *“PMO seems to quickly 'cure' my problems but actually makes them worse.”*
- *“At times, I’d like very much to drown my troubles in PMO but that is never a reason to do so.”*
- *“It’s most uncomfortable when I don’t get what I really want. But it’s not awful or terrible unless I choose to believe that it is and I choose to believe something more realistic and helpful.”*
- *“I’ll never like unfair treatment but I damned well can stand it and perhaps plot and scheme to stop it.”*
- *“No matter how many times I fail at this important pursuit, my failure never makes me an incompetent louse. It just makes me a person who may have acted incompetently at that time.”*
- *“I don’t absolutely need what I want but I can still be reasonably happy, though not as happy - when I don’t get it.”*
- *“I strongly prefer to be outstanding at my work, but I don’t have to be. Too bad if I’m not but it doesn’t make me inferior. I can always keep trying to do better without needing to do better.”*
- *“Many things can help make me sorry and disappointed but when I demand and command that these things must not exist, I then make myself panicked, depressed and enraged.”*
- *“Yes, I’ve often failed to do what I promised that I’d do, but that doesn’t mean that I can’t or won’t carry out this promise.”*
- *“I hate like hell being anxious and depressed but I don’t have to immediately dissolve these feelings in PMO. When I PMO, I temporarily feel better about my problems but I don’t get better. In the long run, PMO makes them worse.”*
- *“ People don’t enrage me by treating me badly. I pigheadedly choose to enrage myself about their bad treatment by demanding and commanding that they act better.”*

05-01-Scripts-01

You are relaxed now and because you are so relaxed you begin to feel free from all tensions, anxiety and fear. You now realize that you are more confident and sure of yourself because you have taken the enormous first step toward helping yourself. Great!

You begin to feel this strength from within, motivating you to overcome any and every obstacle that may stand in the way of your happiness, social life and home life. You are not a slave to PMO any more!

You will find that from this moment on you are developing more self control. You will now face every situation in a calm, relaxed state of mind. Your thinking is very clear and sharp at all times. You are free!

You begin to feel that your self respect and confidence are expanding more and more each and every day in every way. You now realize that in the past addiction was an escape and weakness that you are replacing with confidence, strength and self control. You are becoming a happy person now, with a positive attitude toward life. You are succeeding now and you have all the abilities for success.

Therefore, if for any reason at this moment you are not completely relaxed I want you now to completely relax... let go of everything... let all your arms and your legs and your entire body completely let go and relax completely... Now that you are relaxed... relaxed more than you have ever been before, we come to this second point... The second point is realization.

From this moment on you're going to think well of yourself in every way. You're going to be surprised and amazed at what a better person you are, not so much because of what you do but because of what you are; your composition, the fact that you are... From this moment on it is important to completely re-educate you, to get rid of the habit pattern because you finished with the relaxation and you finished with the realization and now comes the re-education.

As so from this moment on, you have no compulsion toward porn, that's been removed. You're going to be surprised and amazed at how much better you feel. You've lost all desire to watch porn. The desire is gone for you. You're no longer interested in porn in any form... And all those suggestions take complete and thorough effect on you... The fourth point is rehabilitation.

That consists of breaking the habit pattern and strengthening the self. The habit pattern is only part of yesterday and yesterday's habit pattern with regard to porn is gone. Your damaged ego has been repaired. For this is a dynamic way with dealing with PMOers. And it's a dynamic pattern in dealing with you. For we removed your habit pattern, and porn to you is distasteful, you have no desire for it in any form and should you even accidentally glance it, it will be distasteful to you. Your faith in your own self is strengthened and these suggestions are reinforced which is the fifth point...

… over and over again at regular intervals in you life. Now you sink deeper and deeper and deeper... And your PMO problem vanishes leaving you sound in mind, sound in spirit, sound in body and sound in health.

05-01-Scripts-02

As you go deeper and deeper relaxed all of the sounds fade away in the distance and you pay attention only to the sound of my voice. As you listen carefully to the sound of my voice, we are going to remove a number of suggestions which have been in your mind. We are going to remove them completely and as you listen carefully to them we're simply going to dissolve them... throw them out of your mind completely and forever... Nothing disturbs you and nothing bothers you and nothing can distract you in any way from listening to the sound of my voice... and from completely accepting everything I tell you... for everything I tell you is the absolute truth to you... and we're going to remove all suggestions from your mind that have been detrimental to you in the past.

The first suggestion you had in your mind is that somehow or another that porn, an image, an illusion, has been of some use to you. Masturbating to porn is of no use to you and you know it. You're through PMO for any reason. It doesn't make you relax, it doesn't make you sleep well, it doesn't do anything for you. As a matter of fact it ruins your efficiency... and consequently you're through with it. The fact that porn has ever been beneficial to you in any way is completely removed from your mind. I am going to count to five and that suggestion is completely removed from your mind never to return. One, Two, Three, Four, Five.

The next suggestion that you may have accepted is that porn is a good means of punishing yourself. In the first place, you're through punishing yourself and in the second place you're through using porn as a means to do it. The only reason anyone ever punishes himself is because somewhere deep in his mind he feels guilty and you're through allowing your-self to feel guilty. And so with one count we're going to remove the guilt, whatever it is and from whatever source the punishment, the need for punishment, and that porn could be used as a vehicle to achieve it. One. Two. Three. Four. Five.

Those ideas are all gone. Porn to you is a poison and a lousy inefficient poison at that... just enough poison to make you sick and ineffective. But then you're through poisoning yourself and you're through using porn and so that need is also removed from your mind. One. Two. Three. Four. Five.

Now we're going to remove any and all connection that porn has in your mind. The only kind of porn that you care about or know anything about anymore is YouTube. And the only use which it has is for education and entertainment purposes. Like funny videos of cats. Like videos of National Geographic channels. That's wonderful for that. It's a nice educational and entertainment media. That's all it means to you. As a pleasure or crutch it's out. And so you remove all connections in your mind that have to do with porn as a crutch or pleasure or any YouTube containing soft core videos, so that you don't even think of it, you don't ask for it, you don't desire it, you don't want it, you don't need it, you don't desire it in any form.

Even if offered it, you'd refuse it, because you think of it as disgusting, foul tasting and vomit producing. And so the negative suggestions are now removed from your mind and those suggestions which I have given you now replace them. At the count of five. One. Two. Three. Four. Five.

From this moment on you are free, free from the porn, free from it's entangling octopus like tentacles, free from it's degrading self-punishing nature, free from from its ruination, free from it's

ability to wreck your life. You're completely free because all the connections in your mind with the porn and it's substitutes have been completely removed. The wires have been pulled out and you are unable to restore them even if you should want to. Just imagine that a big telephone switchboard exists in your head and that we pulled out all of the wires connected to the hole marked "porn" so that even if something is plugged into it nothing will happen. You don't want it. You can't buy it. You don't need it and if offered you'd refuse it. It's disgusting to you. It's awful. Has a terrible effect and makes you sick to your stomach to even think about it. One. Two. Three. Four. Five.

Now you are going to be completely successful in every way and surprised and amazed at the self discipline and confidence that you have in yourself knowing that you've licked the problem and that it will stay licked. Now sleep. Sleep deeply. And your mind concentrates on the sound of my voice and you go deeper and deeper and deeper. Relax.

05-01-Scripts-03

Now as you sink deeper and deeper relaxed all of the sounds fade away in the distance. You pay no attention to any other sound but the sound of my voice. You sink deeper and deeper with every breath you take. Deeper and deeper and deeper, way down, deeper and deeper relaxed.

In the past porn may have been to you something that meant life. In your mind you may have accepted a suggestion that porn saves your life from boredom or porn protects you from being injured socially, porn is good for you in some manner or another. But that was yesterday and we are in the future. All that was yesterday, because porn may have protected you from injury in the past socially, it could have even saved your life from boredom.

And those suggestions may have been good suggestions at one time but they have outlived their usefulness and if any of those suggestions are present to any degree in your mind, they are completely removed as of now. And that suggestion takes complete and thorough effect upon your mind, body and spirit.

Now to other people porn means death. It's a way of punishing oneself. It's a poison and some people want to poison themselves. It's a method of slow suicide. Well, you don't need that now. If porn ever meant death and suicide to you and you have a need to punish yourself, that need is now long gone and we remove that suggestion. The truth of the matter is that porn is just porn. It's not life. It's not death. As a matter of fact, it's not anything to you anymore. It's nothing, neutral feelings. It's something that you don't need nor do you want.

You've lost all desire for porn in any form. You're interested in YouTube. You love funny videos, National Geographic videos, Ted talks when it's good. And there are many other videos that you like and that you can watch. There's NFL and NBA, Food Network, and many game shows, a number of which you enjoy. But the one that doesn't do you any good and that you don't even care about anymore is porn. Now that was yesterday when porn may have saved your life from boredom or protected you from social injury or when it was a means of self punishment. That was when you ran yourself down and lost your self. That was yesterday when you thought ill of yourself. That was yesterday when you made yourself into a failure. And today is when you put porn aside forever. And when you put it aside, you put it aside with all the other failures. You put it aside with all the other means of self punishment, with all the fears and anxieties, and everything else.

Because you don't need any of that. Today is the day in which you make yourself successful. Today is the day in which you set goals and strive towards those goals. Today is the day in which you have a nice clean cut appearance, in which you feel vitality and can think straight and reason and make decisions upon good judgement and past experience. Today is the day in which you start loving yourself and appreciating yourself for the really good and intelligent individual that you are. Today is the day in which you turn yourself over and turn your life over to something higher than just you, not only to a higher principle, but to a higher inside power. Let that power run your life. Today is the day that you'll bury your past mistakes and make something out of yourself. Today is the day that you wipe failure out of your book of life and that success becomes really meaningful to you in a very personal way. To be completely succinct about this, today is the day that you throw porn away. You throw it away for good. You don't need it and you'll never need it. You don't want it

and you'll never want it. You can't desire it and you don't. You're through with porn. You don't need it, you don't want it, and you can't watch it. It is terrible. It acts terrible. And it makes you feel terrible.

You're going to enjoy life fully in every way and feel happy, live, laugh, love, and be happy for that's what today means to you. Now all these suggestions take complete and thorough effect upon you mind, body and spirit as you sink deeper and deeper relaxed and they seal themselves into your subconscious mind and they reinforce themselves over and over again. I'm going to give you a period of silence in which all this takes effect and that period of silence begins now...

05-01-Scripts-04

To an individual who has had a PMO problem, porn is poison. It's poison in two ways. First of all it's poison because it breaks down the very will power, the very ego, the very faith in oneself that the individual is able to build up. And so it is a psychological poison because having once conquered the porn problem, if you ever allow it to get back into you again then you begin thinking about yourself all the thoughts that you thought about yourself before, namely, well I really am no good anyway, I really didn't lick it and so on. So it's a psychological poison.

Now in addition to that for anyone who has ever had a porn problem, it's a physical poison. It actually poisons your system. Because you're allergic to porn just like other people are allergic to other things. And so if you're allergic to something, even penicillin, it's poison to you and you must never take it. The same is true with porn. If you're allergic to it, you're through with it. Now you've been allergic to porn. porn is a poison to you. What's even more fascinating is that usually the reason why one is drawn to porn is not for most of the reasons that most people reiterate, namely that it makes me feel good, I like it, all these things. On the contrary, almost every person who has a porn problem will tell you just the opposite. I don't like it. It's ruining my life. It's terrible.

And if that's true, then why are they drawn to it? For precisely that reason. Because it is a poison and because they in their subconscious mind need to commit suicide and so they do it the slow tortuous way. And so that's why it's so important that the underlying cause of the problem be completely removed so that you don't need to punish yourself again with porn. And that's why we have removed them.

That's why you don't need to punish yourself anymore. Because you realize you're not guilty to begin with. And if you're not guilty you don't have to punish yourself. And since you're through punishing yourself, you're through poisoning yourself. Yes porn is a poison. It's important that you realize that it's a poison and you are leaving poisons alone. Because you don't need poison any more. You don't need to poison yourself. You don't need to punish yourself. You're through with all that.

You're going to appreciate yourself. That's what you're going to do, appreciate yourself for the talents that you have, for the fact that you have life, for all the good that you can do in that life for yourself and others. In talking about porn we frequently say he got his fix. Interesting how drugs and porn go together. You're through with porn. You don't even take a peek at it. You're just beginning to appreciate yourself, to value yourself, your mind and your body and to make them really work for you.

You're going to make yourself happy and you're going to make others happy by staying abstinent, by avoiding completely like the plague any video which you are allergic to and porn especially for you're most allergic to that. You have obtained a great victory in forever placing porn behind you for you have now placed a beautiful future before you. For no matter what may befall you, good, bad, indifferent, it's still better and easier and happier to face the future as an ex-PMOer than a PMOer. Indeed, you're going to have twice the fun as ex-PMOer than you ever had PMOed because when PMOing you never had any fun. You were only using porn to assassinate yourself, to poison yourself, to get rid of yourself, to fix yourself, and to become dead lover. And you almost

succeeded in that. But you removed all those thoughts from your mind. You're through punishing yourself. You're through beating yourself down. You're now going to build yourself up. You're through assassinating and you're going to appreciate and as you start appreciating instead of assassinating you're going to build yourself up more and more and more with every breath you take as you go deeper and deeper relaxed, deeper and deeper and deeper. And all these suggestions are going to be reinforced in your mind every single day of your life. Now sleep.

05-01-Scripts-05

“Go inside and try in vain to have the same problem. It was a terrible problem, wasn't it? You want to make changes, haven't you?... What would it be like when you have made those changes, now? In the future as you look back and see what it was like to have had that problem... as you think about it now, if you could make this change for yourself so that you could STOP... having made that change and see yourself now. Do you like the way you look if you could make that change and look back at yourself having made that change now!”

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